



20 May 2019

## Chiro Can Help You Get Ready For Life

As part of Spinal Health Week 2019 (20-26 May), the Australian Chiropractors Association (ACA) is encouraging Australians to take control of their health, regardless of age, by making chiropractic part of their spinal healthcare regime.

Australians aged 65 and over make up 15% of the population and the Australian Institute of Health and Welfare estimates that this will increase to 22% by 2065, putting additional strain on the government to provide care for older Australians.

“3.7 million Australians reported back pain in 2015 alone. Back pain can have a damaging effect on a person’s quality of life by affecting their ability to participate at work, in social activities and sports,” said Dr Anthony Coxon, ACA President.

For Spinal Health Week 2019, chiropractors across the country are encouraging Australians to get ‘Ready For Life’ by ensuring their posture is correct, they are living active lifestyles and seeking chiropractic care where necessary.

“One way to help you be Ready For Life and improve your spinal health is to get a check-up from your local ACA chiropractor. Chiropractors can also be seen as a preventative healthcare option by offering advice and assistance in making appropriate lifestyle choices and therefore reducing the risk of spinal health issues arising in the first place,” said Dr Coxon.

Chiropractic care is not a one size fits all healthcare option. Chiropractors carefully assess each patient individually and tailor their care accordingly. By using a variety of non-surgical techniques, such as specific spinal adjustments, manual therapy and low-force intervention, chiropractors offer a drug-free, hands-on approach to spinal healthcare.

“It is important to take preventative measures when it comes to spinal health and if you are experiencing pain, it is not advisable to ignore this. Get advice from your local ACA chiropractor as early as possible,” explained Dr Coxon.

In conjunction with Spinal Health Week, the ACA is pleased to announce the launch of the redeveloped Just Start Walking app. With the Just Start Walking mobile app, you can track your walks via GPS, log your walking history, share your walks with friends online and find walking events in your local area. Download from the App Store or Google Play.

Visit [spinalhealthweek.com.au](http://spinalhealthweek.com.au) to find out how chiropractic can help Australians get Ready For Life.

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