



# Back Pain and Seniors



*Chiropractic healthcare is an effective, drug-free option for older Australians experiencing back pain.*

***Low back pain is the most common health problem in older Australians restricting activities and limiting overall enjoyment of life.***

Those over 65 years are more likely to develop chronic low back pain. Whether alone or with other spinal health conditions such as osteoporosis or osteoarthritis, back pain can limit everyday activities.

ACA chiropractors take a holistic approach to healthcare and if you suffer from lower back pain and other musculoskeletal disorders, they'll provide effective treatments to help manage chronic pain and improve mobility to strengthen your spine and overall spinal health and wellbeing.

If you or someone you know are among the 4 million Australians who suffer from back pain, consult a member of the Australian Chiropractors Association (ACA) for drug-free, low-risk pain relief and holistic treatment of musculoskeletal disorders.

***Adjust Your Thinking.***



*Every week, more than 400,000 chiropractic consultations help everyday Australians improve their spinal health.*

## ***Chiropractic healthcare provides effective treatment for back pain in older Australians and improves spinal health and wellbeing.***

Chiropractic healthcare is a drug-free and non-surgical effective option for older Australians experiencing back pain.

Your ACA chiropractor can treat the underlying cause, not just the symptoms of back pain by providing tailored, specialised treatment including gentle adjustments to help manage chronic pain, improve joint mobility, reduce stiffness and enhance your overall spinal health and wellbeing.

## ***Prevention is the best protection.***

Early intervention can minimise deterioration of existing musculoskeletal disorders and reduce their severity to enable older Australians to lead more active, pain-free lives.

Your ACA chiropractor will assess postural imbalances, identify areas of weakness or strain, provide personalised exercise programs to help improve core and trunk strength, and provide guidance on a range of effective strategies to help prevent back pain for those older Australians most at risk of musculoskeletal disorders.

## ***Consult your ACA chiropractor today.***

ACA chiropractors are five-year university educated healthcare professionals who treat a range of musculoskeletal disorders including back pain.

If you suffer from back problems and you're tired of pain holding you back, consult an ACA chiropractor today and regain control of your spinal health and wellbeing.

To find an ACA chiropractor near you and to download ACA's free Back Pain Factsheet and Straighten Up app to improve posture and stabilise core muscle groups to help prevent spinal injuries and enhance your overall health and wellbeing, visit [consultachiro.org.au](https://www.consultachiro.org.au)