



# Motion Matters For Life

## What can Regular Chiropractic Adjustments do for you?

Jennifer:  
"My 18-month-old son would take a few hesitant steps and then drop down to crawl. However, the afternoon after he received chiropractic spinal, leg, and foot adjustments, I was able to send a video to my Doctor of Chiropractic showing my little boy running across the living room into his daddy's arms!"

Joseph:  
"After my daughter received a full-body chiropractic adjustment following our third game in a basketball tournament, our team went on to win the championship. I wholeheartedly believe in chiropractic care. With just one adjustment, I witnessed a significant improvement in my daughter's physical condition. As a father and basketball enthusiast, I closely observe her performance on the court. During the game, I noticed her improved footing, better balance, increased strength, reduced falls, and improved ability to box out opponents. I even saw her push a larger opponent three feet back during a box out. Her running style also became smoother."

Brian:  
"In my early twenties, I suffered an ACL injury that required surgical repair. For the next two years, I walked with a limp and couldn't run. After receiving a single session of chiropractic foot and leg adjustments, I immediately felt a significant reduction in knee pain and was able to participate as a goalkeeper in a soccer game. It felt like a miracle to me, as my low back and neck also felt more relaxed. One year later, I remain pain-free and have returned to regular running."

Cynthia:  
"At the age of 35, I was an aerobics instructor experiencing severe knee pain, which forced me to rely on crutches. The recommended treatment included taking two aspirins every four hours and undergoing weekly rehab for several months. However, after just one session of foot and leg chiropractic adjustments, I experienced a substantial reduction in knee pain and could walk without crutches. I remained pain-free for the next three years. I attribute my ability to continue leading aerobics classes at the age of 67 to consistent and appropriate chiropractic care over the years."

Elaine, 83:  
"I had polio as a teenager, which left both of my feet numb. However, after undergoing several chiropractic spinal and foot and leg adjustments, I could finally feel my feet again!"

Dave, 80:  
"I suffered from foot, knee, and low-back pain, which caused me to walk with a limp and rely heavily on a cane. I also needed to use walls, doorways, and counters for support. After my first chiropractic spinal, foot, and leg adjustments, I no longer needed the cane or additional support."

Ilene, 90:  
"I can't understand why everyone doesn't choose to get adjusted!"

Patient:  
"I can sense an improvement in my balance, stability, and mobility after a chiropractic adjustment, which makes me less afraid to go out and engage in various activities."

### Fall Statistics from the Centers for Disease Control and prevention indicate cause for concern:

- South Dakota ranks fifth in the USA for death from falls among older adults.
- Every 11 seconds in the USA an older adult is treated in an emergency room for a fall.
- Every 19 minutes an older adult dies from a fall.

**"Falls are definitely our number one cause of head injuries, hip fractures and arm fractures,"**

- Hospital Health Trauma Coordinator

### Many Things Can Cause a Fall:

- Poor eyesight, hearing and reflexes
- Safety issues in your environments
- Foot problems and unsafe footwear
- Diabetes
- Heart disease
- Thyroid problems
- Nerve issues
- Medications
- Muscle weakness
- Postural hypertension

### What to expect during your screening:

Because motion matters for life, the South Dakota Chiropractors Association offers a comprehensive, evidence-based fall prevention program. The initial screening will last approximately 10-15 minutes.

This program focuses on enhancing your motion, balance, and coordination, ultimately boosting your confidence in all daily activities. Our aim is to help you maintain your independence as you were naturally designed to be and provide guidance on how to move more efficiently.

### Chiropractic Adjustments Can:



- Increase multi-sensory integration (MSI = sight and sound integration)
- Improves joint position sense
- Decrease step reaction time to 2.5 times greater than the control group, people who are able to take a quick step are less likely to fall
- Improve communication between the brain and the body
- Change brain function
- Improve body function, health, and quality of life
- Make a person less clumsy
- Improve muscle strength
- Improve visual acuity
- Improve visual field size
- Improve brain processing
- Improve spinal function

### Individuals who received regular chiropractic care:

- Maintained the ability to carry-out activities of daily living
- Live independently
- Look after themselves
- Preserve their health
- Feel better in general

**Sadly individuals who do not receive chiropractic care have a decline in all of these areas.**

## Everyone Falls Sometimes

Experiencing a sudden fall, whether at home or elsewhere, can be surprising and distressing. When you find yourself in this situation, it's important to stay as calm as possible and take several deep breaths to help yourself relax. Remain still on the floor or ground for a few moments to compose yourself; this can assist in overcoming the shock of the fall and promote relaxation.

Before attempting to get up, assess whether you are injured. Getting up too quickly or in an incorrect manner could potentially worsen any injuries. If you believe you can safely rise without assistance, follow these steps:

1. Roll over onto your side and rest briefly to allow your body and blood pressure to adjust.
2. Slowly get up onto your hands and knees.
3. Crawl towards a sturdy chair or couch.
4. Place your hands on the chair seat and slide one foot forward until it's flat on the floor.
5. Keep the other leg bent with the knee on the floor.
6. From this kneeling position, gradually rise and turn your body to sit in the chair.

However, if you are injured or unable to get up on your own, don't hesitate to ask someone for help or call 911. If you're alone, try to get into a comfortable position and wait for assistance. Carrying a phone with you as you move around your house can make it easier to call for help when needed. Alternatively, consider having an emergency response system that allows you to press a button on a necklace or bracelet to request assistance.

## Your Doctor of Chiropractic will consider the following factors when evaluating fall risks:

- Do you receive regular chiropractic care?
- Have you fallen in the last year?
- Do you feel unsteady when you are standing or walking?
- Do you worry about falling or have a fear of falling?
- Have you developed joint pain or stiffness due to injury or inactivity?
- Have you taken any medications, had surgery, been under anesthesia or chemotherapy?
- Do you have side effects of unsteadiness, dizziness, joint pain, or stiffness?
- Have you been prescribed more than one medication?

## A Doctor of Chiropractic can help with fall risks

- Chiropractic adjustments can increase sight and sound integration.
- Chiropractic adjustments can improve joint position sense.
- Chiropractic adjustments can decrease step reaction 2.5 times greater than the control group. People who can take a quick step are less likely to fall and can maintain their balance.

- Your chiropractor will be able to guide you through exercises that focus on maintaining proper motion in your joints, stretching your tight muscles and strengthening your spine, arms and legs.

## How to Put Your Best Foot Forward to Prevent Falls:

- Receive regular chiropractic care
- Remain flexible
- Take care of your overall health
- Maintain proper range of motion
- Regular eye and hearing exams
- Regular exercise
- Be careful with medications
- Get enough sleep
- Limit alcohol use

## Strong Bones Prevent Breaks



Ensuring proper joint motion through regular chiropractic care is crucial because it contributes to strengthening your bones. Falls and fractures are common reasons why older adults end up in the emergency room or require hospitalization.

While having healthy bones won't necessarily prevent a fall, it can significantly reduce the risk of fracturing a hip or other bones, which can lead to hospital stays, disability, or even fatalities. To promote bone health, it's essential to maintain proper nutrition with an adequate intake of calcium and vitamin D, as well as engage in regular physical activity. Aim for at least 150 minutes of physical activity per week to achieve this.

Several factors are known to deplete calcium from your system. These include carbonated beverages, caffeine, nicotine, and birth control pills. Additionally, many prescription medications have an average of 70 side effects, some of which weaken bone structure. Alcohol abuse can decrease bone mass and raise the risk of falls and fractures, while being underweight can also increase the likelihood of bone loss and fractures.

Osteoporosis, a condition resulting from calcium loss, weakens bones and makes them more prone to breaking. For individuals with osteoporosis, even a minor fall can be perilous. It's essential to discuss osteoporosis with your Doctor of Chiropractic to address any concerns or questions you may have.

The South Dakota Chiropractors Association Motion Matters for Life fall prevention information below includes some tips for what you can do to keep your home as safe as possible. By following this checklist, you will improve the safety of your environment.

## What can you do to move around more confidently and prevent falls?

Many people assume that joint stiffness, pain, and falling are inevitable consequences of aging. However, research has shown that this is not the case; there are numerous preventive measures you can take to reduce the risk of future falls.

**Stand up gradually:** Rising too quickly can lead to a drop in blood pressure, causing feelings of instability. It's advisable to have your blood pressure checked while both lying down and standing up.

**Use assistive devices if necessary:** If you require assistance to maintain balance while walking, consider using canes or walkers. Ensure that the device is the correct size for you and that the wheels, if applicable, move smoothly.

**Exercise caution on slippery surfaces:** When walking on icy or wet surfaces, take extra care. Consider having sand or salt spread on icy areas near the entrances and sidewalks of your home.

**Choose appropriate footwear:** Wear shoes with non-skid rubber soles or lace-up shoes that provide full support to your feet. The soles should not be overly thick or thin. Avoid walking on stairs or smooth floors in socks or shoes/slippers with slick soles.

**Report any falls to your Doctor of Chiropractic:** Always inform them you've experienced a fall, even if you don't believe you're injured. A fall can serve as a warning sign of underlying health issues, biomechanical problems, visual impairments, or medication-related concerns that may require correction.

## Fall Proof YOU First:

It will not always be possible to control your environment so frequent visits to your Doctor of Chiropractic will help to keep your body moving and responding the way it is designed. They can also guide you in rearranging your house, so it is more accessible for you.

- Keep all floors and walkways clear of cords, loose items and debris
- Use only ridged non-slip rugs
- Install anti-slip strips on each stair-step
- Keep a light, lamp or night-light in all commonly used dark areas
- Keep frequently used items within safe reach
- If you are alone, always keep a phone within reach
- Sit down to dress and put on shoes and socks
- Use a cushion or a seat riser to make it easier to stand from sitting

- Place a seat riser on the toilet
- Install grab bars or railings near toilet, shower, or wherever appropriate
- Use a shower chair and a hand-held shower head
- Dining chairs should have arm rests and no wheels
- Do not use high-gloss floor cleaners

## Defending Yourself from Weather Related Falls

In addition to seeing your Doctor of Chiropractic, here are some pointers for avoiding weather related falls.

- Shovel and use sand or ice melt to keep stairs and walkways clear of snow and ice
- Ensure handrails are secure and not slippery before trusting them
- Rubber-soled, non-skid, low-heeled shoes, or lace-up shoes that fully support your feet are best
- Keep a small container of sidewalk salt on your person for unexpected spots outside



## Walk like a Ninja!

Walking on potentially slippery surfaces take a hint from the way a Ninja warrior walks:

- Separate your feet about shoulder width apart
- Bend your knees slightly
- Take small steps keeping your knees bent
- Do not waddle
- Shift your weight to the leg you are standing on before you move the other
- Keep your arms and hands available for support and balance
- If you fall tuck your chin to prevent hitting your head

Chiropractic care has a protective effect against declines in ADL's instrumental ADL's and self-rated health for older Medicare beneficiaries when used in uncomplicated back conditions. According to a study on the comparative effects of episodes of chiropractic and medical treatment on the health of older adults by et al in the Journal of Manipulation and Physiological Therapeutics (2014;37:143-154)

The protective effect of Chiropractic care against declines in functional and self-rated health among beneficiaries with spine conditions and indications that chiropractic users have a higher satisfaction with follow-up care and information provided about what is wrong with them. This according to a study on Chiropractic use in the medical population prevalence patterns and Association with one year changes in health and satisfaction with care by Paula A Weigel et al in the Journal of Manipulation and Physiological Therapeutics (2014;37:542-551)

Improvement in sensory motor function and multi-sensory integration associated with fall risk and quality of life improvement in older adults receiving chiropractic care is demonstrated in this randomized controlled trial on effectiveness of chiropractic care to improve sensory motor function associated with fall risk in older people by Kelly R. Holt et al in the Journal of Manipulation and Physiological Therapeutics (2016;39:267-278)