
CHIROPRACTIC AND THE ELDERLY

Chiropractors help thousands of older people regain control of their lives. Our treatments tend to eliminate acute and chronic pain, increase flexibility, improve mobility, increase the overall quality of life.



Through a thorough examination it is possible to identify the causes for weakening of the body, and thus it is possible to offer a solution to people's problems. After a certain point, it's often no longer age that is the sole the cause of so many pains, but a set of factors that cause difficulty for the body and make it less prone to healing.

Over the years, intervertebral discs, facet joints, ligaments, muscles and other tissues become weaker, less hydrated, more rigid, and less able to withstand daily stress. Chiropractic procedures take into account the age of the spine and any anomalies present to offer an efficient, safe and non-invasive treatment strategy. Thanks to the use of movements, physical therapies and possible exercise and stretching programs, vertebral pain is reduced, vertebral stress is decreased, mobility is increased and degeneration slows down.

It is always useful to discuss diet, daily water consumption, and how to maintain a good psycho-physical dynamic.

Dr Robino has worked for years in a German clinic for natural treatment of disorders of the elderly, and can help you find good balance.