

## TREATMENT FOR THE AGING SPINE



Treatment approaches for the aging spine should be tailored to the individual and condition. There is increasing evidence that maintaining an active lifestyle, exercising on a regular basis and receiving regular chiropractic care can help reduce the likelihood of developing progressive and chronic symptoms from spinal degeneration.

In addition to chiropractic manipulative therapy and exercise, the treatment approach may include activity modification, weight management and nutritional support.

Prescription medications for pain and inflammation can have serious side effects. Certain anti-inflammatory medications may even contribute to incomplete healing and increase the likelihood of recurring tissue damage.

Degenerative conditions cannot be reversed, but chiropractic care, exercise and proper nutrition can help manage as well as prevent progressive spinal degeneration.

The Four Primary Stages for Managing the Degenerative Spine:

Stage 1: Acute Care - Reducing inflammation and pain

Stage 2: Subacute Care - Restoring joint mobility and stability

Stage 3: Rehabilitative Care - Conditioning to develop strength, coordination and pain free activity

Stage 4: Wellness Care - Preventing exacerbations and progression of degenerative changes