



WEBER CHIROPRACTIC OFFICE, S.C.
Making a difference in the quality of people's lives
Gentle Chiropractic Therapy – Acupuncture – Rehabilitation



I'm Too Old To Go To A Chiropractor?

This is one of those **misconceptions** about the profession of Chiropractic that really needs to be laid to rest. The rationale is probably that an older person's bones can't take all that pounding and cracking or that I'm full of arthritis and nothing can be done about it except take ibuprofen and suffer. Frequently that is the attitude of the medical profession, just live with the pain because that goes with aging.

I have found treating "older" patients to be very rewarding. Many of these patients in their seventies, eighties and nineties have received relief that has allowed them to resume activities and exercise that make their lives more fulfilling. Do they have arthritis? Sure they do. Do many of them have more fragile bones? You bet they do. Utilizing the **Activator approach in restoring function and movement** in these patients' joints is gentle and specific and will not hurt them. We have also introduced a new instrument called the "**Impulse**" which gives another non-twisting option to gentle manipulation. The main goal is to get joints that have stopped moving, restricted in their movements or have abnormal movement patterns back to moving again. One of my favorite statements about joints is "**Motion is lotion**" and it is very true. Get joints moving even a little, can provide a great deal of relief from pain and stiffness and allows muscles to stop tightening. Once motion is restored, many of these patients state they haven't felt this good in years and don't feel their "age".

I'll give you a sampling of some of my "older" patients. I have **two women who are 99 years old**, one with a neck problem that was resolved and released from care and one with an arthritic lower back that we see regularly to maintain motion in her back. There is the **96 year old woman** who we helped with sciatica three years ago and still see for occasional back pain. She has 82 great grandchildren. Then we have a **93 year old woman** who drives from Galena for help with headaches and lower back pain. There is the **85 year old woman** who still cleans houses. There is the **92 year old man** who comes in when his lower back hurts and he needs a little tune-up. There are men in their sixties who play basketball three times per week. We have the privilege to see many "older" people over age 70 who are active, vibrant and don't hurt. Please remember **that age is just a number** and one's **attitude really determines how you feel**.

[On a side note, it is really a shame that the grandchildren and great-grandchildren of these vibrant older people may not have as long a life expectancy because of the processed and fast foods that they consume these days and the increasing effect of all the chemicals in our food and environment.]

Fall Tune-up Time

Summer seemed to be very short this year but the humidity we experienced made me happy some cooler days of fall are here. We have all been busy with traveling and lifting grandkids, cutting grass, bending over pulling weeds from our lawns and gardens and now we will be raking leaves and picking up walnuts. All that activity can take a toll on our backs and maybe some of those aches and pains haven't gone away as expected. Remember those **five dangerous words "Maybe it will go away"**. If you have some of those persistent pains that have been around for more than a week, it might be prudent to call for an appointment to restore those motions lost and causing pain. Many of my patients have learned from experience that it doesn't pay to wait, instead get things taken care of quickly. They are not in as much pain for as long and it doesn't take as long to restore proper movement to those joints.

*Again, thank you for being our patient!
We appreciate you and look forward to serving you.*

David J. Weber, D.C., D.A.B.C.O.

289 Sinsinawa Ave

East Dubuque, Il 61025

(815) 747-6548