

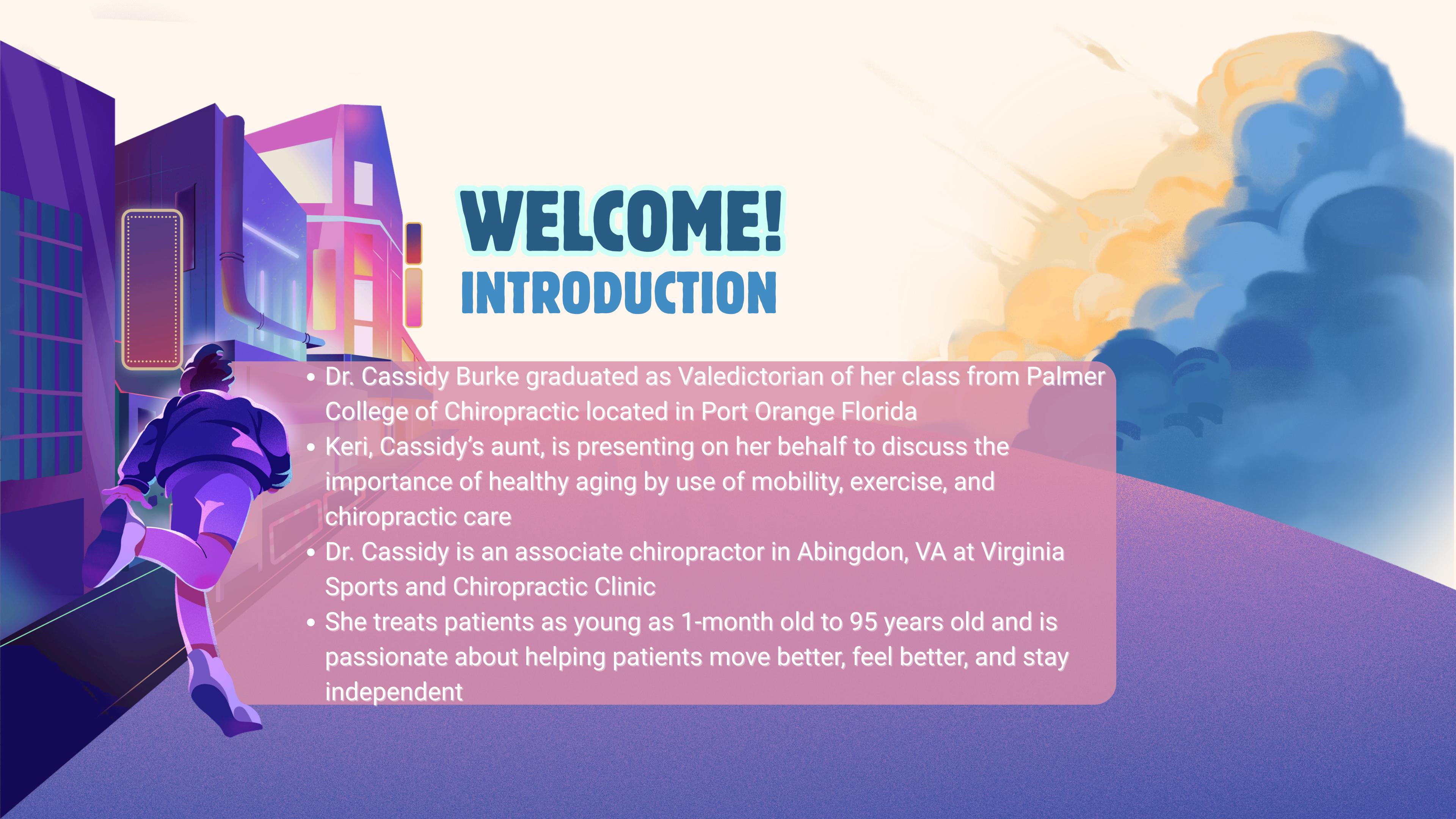


MOVE BETTER AGE BETTER

**HOW MOBILITY, EXERCISE,
AND CHIROPRACTIC CARE
CAN HELP YOU STAY
INDEPENDENT**

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WELCOME! INTRODUCTION

- Dr. Cassidy Burke graduated as Valedictorian of her class from Palmer College of Chiropractic located in Port Orange Florida
- Keri, Cassidy's aunt, is presenting on her behalf to discuss the importance of healthy aging by use of mobility, exercise, and chiropractic care
- Dr. Cassidy is an associate chiropractor in Abingdon, VA at Virginia Sports and Chiropractic Clinic
- She treats patients as young as 1-month old to 95 years old and is passionate about helping patients move better, feel better, and stay independent

An illustration of a person running on a city street at sunset. The person is in the foreground, running away from the viewer towards the left. The background features stylized buildings with glowing windows and a large, colorful sunset sky with orange and blue clouds. The overall style is vibrant and modern.

TODAY'S PRESENTATION

INTRODUCTION

- How our bodies naturally change with age
- Why mobility is essential for healthy aging
- The importance of exercise, strength, flexibility, and balance
- How chiropractic care can support healthy movement and independence
- Simple strategies to help you continue doing the activities you love

QUESTION

RAISE YOUR HAND IF YOU...

- want to travel?
- want to play with your grandchildren outside?
- want to tend to a garden?
- want to avoid any surgeries?
- want to stay in your home as long as possible?



**EVERYTHING ON
THAT LIST DEPENDS
ON ONE THING...
MOVEMENT!**





WHY DOES MOBILITY MATTER MORE THAN AGE?

WHAT THE RESEARCH SHOWS

- Research has shown that mobility/movement predict health better than chronological age
- For example:
 - Someone who is 70 years old and moves well will often have better health than someone who is 55 years old and is sedentary.
- The World Health Organization (WHO) defines healthy aging as, “The process of developing and maintaining the functional ability that enables well-being in older age.”
 - Rather than solely focusing on only disease, WHO emphasizes movement as maintaining health.

WHAT HAPPENS AS WE AGE?

THE “BAD” NEWS

- Muscle mass begins to decrease (sarcopenia)
- Bone density decreases (osteopenia/osteoporosis)
- Flexibility decreases due to ligaments tightening
- Joints begin to wear (arthritis)
- Balance decreases
- Reaction time slows
- Connective tissue becomes stiffer

THE “GOOD” NEWS

- These changes that naturally occur as we age can be slowed dramatically!



LET'S DISCUSS..

SARCOPENIA, OSTEOPENIA, AND OSTEOPOROSIS



Sarcopenia:

- Begins as early as 30–40 years of age
- Adults lose approximately 3–8% of muscle mass per decade after age 30
- Muscle loss accelerates after age 60
- Leads to:
 - Decreased strength
 - Poor balance
 - Increased fall risk
 - Difficulty climbing stairs
 - Difficulty getting out of a chair
 - Loss of independence

Osteopenia:

- Osteopenia is the stage before osteoporosis-it is decrease of bone density aka how strong our bones are.
- Women are at increased risk after menopause due to declining estrogen levels.
- Bones become less dense(strong) and more susceptible to fractures.
- Common fracture sites include:
 - Hip
 - Wrist
 - Spine
- Hip fractures can significantly reduce independence and quality of life.

LET'S DISCUSS..

THE CONNECTION BETWEEN MUSCLE AND BONE

- Strong muscles help strengthen bones by placing healthy stress on the skeleton.
- Weak muscles increase the risk of falls, making fragile bones more likely to fracture.
- Muscle and bone health decline together if we become inactive.
- The encouraging news: Both muscle and bone respond positively to exercise—even later in life.



LET'S DISCUSS..

THE SOFT TISSUE

Muscles:

- Produce movement by contracting and relaxing
- Help maintain posture and balance
- Support and protect joints
- Naturally lose size and strength with age (sarcopenia)

Tendons:

Connect muscle to bone

- Made primarily of strong collagen fibers
- Transfer the force created by muscles to move your bones
- Every time you lift your arm or stand from a chair, your tendons are transmitting that force
- Become less elastic and more prone to injury with aging
- Heal more slowly because they have a limited blood supply

Ligaments:

Connect bone to bone

- Stabilize joints
- Help prevent excessive movement
- Contain nerve endings (proprioceptors) that tell your brain where your joints are in space
- Become stiffer and less flexible with age
- Reduced elasticity can contribute to decreased range of motion and a higher risk of injury

LET'S DISCUSS..

THE SOFT TISSUE AS WE AGE



- Collagen production decreases.
- Tendons and ligaments become stiffer and less elastic.
- Joint range of motion declines.
- Muscle strength decreases if not challenged through regular activity.

These age-related changes can affect balance, walking, and the ability to perform everyday tasks such as reaching overhead or getting up from a chair.

This can cause:

- Back pain, hip pain, shoulder pain, falls, fractures, and more.

LET'S DISCUSS..

FALLS

According to the CDC:

- 1 in 4 adults over 65 years old fall every year
- Falls are the leading cause of injury in elder adults
- Many falls are preventable

Why Do Falls Happen?

- Weakness in leg muscles
- Poor balance
- Poor vision
- Pain
- Loss of joint motion (arthritis)
- Medications
- Fear of falling

The Cost of Falls:

- Over 3 million ER visits every year due to fall
- Hip fractures, spinal fractures, nursing home placement, month long rehabilitation, loss of independence



WHAT CAN WE DO?

EXERCISE IS MEDICINE

- The American College of Sports Medicine calls exercise “...the most powerful anti-aging medication available.”
- Benefits of exercise include:
 - Lowering of blood pressure
 - Improved mood
 - Improved sleep
 - Reduced arthritis pain
 - Improved memory
 - Improved function
 - Longer lifespan





EXERCISE AS WE AGE

- Strength/Resistance Training
 - 2-3 days per week
 - Increases bone density
 - Example:
 - 5 lb dumbbell squats
- Flexibility/Mobility Training
 - Helps with pain reduction, joint motion, and improvement of daily tasks
 - Examples: Yoga, Thai-Chi
- Balance Training
 - Helps to decrease fall risks and perform daily tasks
 - Examples: Yoga, Thai-Chi, standing on one foot while holding a door frame
- Cardiovascular Training
 - American Heart Association recommends 150 minutes per week
 - Examples: swimming, walking, stationary bike riding, dancing

An illustration of a woman with dark hair in a ponytail, wearing a blue athletic shirt with the number '02' on the front, blue shorts, white socks, and white sneakers with orange accents. She is running on a red track, with green grass and stylized green bushes in the background.

EXERCISE WHERE CAN YOU GET STARTED?

- Local YMCA
 - Often offer free memberships for senior citizens
 - Classes are offered
- Silver Sneakers Program
 - Almost like “insurance” for gym membership
 - Available for those over 65 years old at no costs through select Medicare plans
- YouTube videos for at home workouts

WHERE DOES CHIROPRACTIC CARE FIT IN?

Our goal as Chiropractors:
Help you move better so you can live better.

Chiropractic Treatment Focuses On:

- Improving joint mobility
- Restoring normal movement patterns
- Reducing muscle tension and stiffness
- Improving balance and stability
- Helping you return to activities you enjoy
- Preventing future injuries and falls

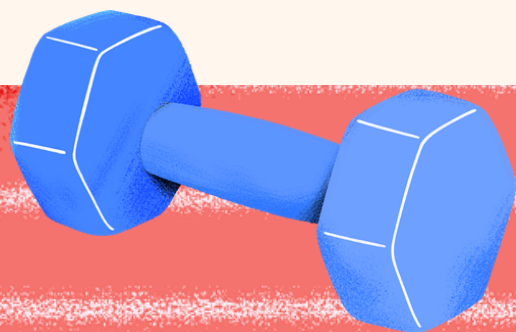


WHERE DOES CHIROPRACTIC CARE FIT IN?

A Chiropractic Visit Includes:

- Comprehensive Examination
 - Review your medical history
 - Discuss your goals and lifestyle
 - Assess posture
 - Evaluate movement patterns
 - Check range of motion
 - Test muscle strength
 - Assess balance and gait when appropriate
 - Perform orthopedic and neurological examinations if needed

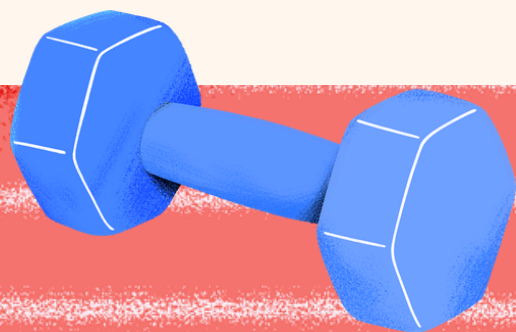
Every treatment plan is individualized.



WHERE DOES CHIROPRACTIC CARE FIT IN?

A Chiropractic Visit Includes:

- Adjustment
 - The goal of an adjustment is to:
 - Improve joint motion
 - Reduce joint stiffness
 - Help restore normal movement
 - Reduce pain when appropriate
 - Adjustments are gentle and tailored to each patient.
 - For older adults, chiropractic adjustments can be modified by use of instrument assisted adjusting



WHERE DOES CHIROPRACTIC CARE FIT IN?

A Chiropractic Visit Includes:

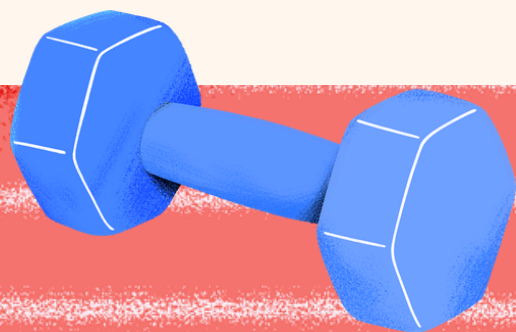
- Soft Tissue Therapies
 - Many aches and pains come from muscles and connective tissues—not just the joints.
 - Depending on the patient, treatment may include:
 - Myofascial release
 - Stretch therapy
 - Counterstrain techniques
 - Instrument-assisted soft tissue work
 - Trigger point therapy
 - These treatments help:
 - Reduce muscle tension
 - Improve flexibility
 - Restore normal movement
 - Decrease pain



WHERE DOES CHIROPRACTIC CARE FIT IN?

A Chiropractic Visit Includes:

- Corrective Exercises
 - Exercises help:
 - Build strength
 - Improve balance
 - Increase flexibility
 - Improve posture
 - Prevent symptoms from returning
 - Examples include:
 - Sit-to-stands
 - Core strengthening
 - Hip strengthening
 - Balance exercises
 - Stretching programs

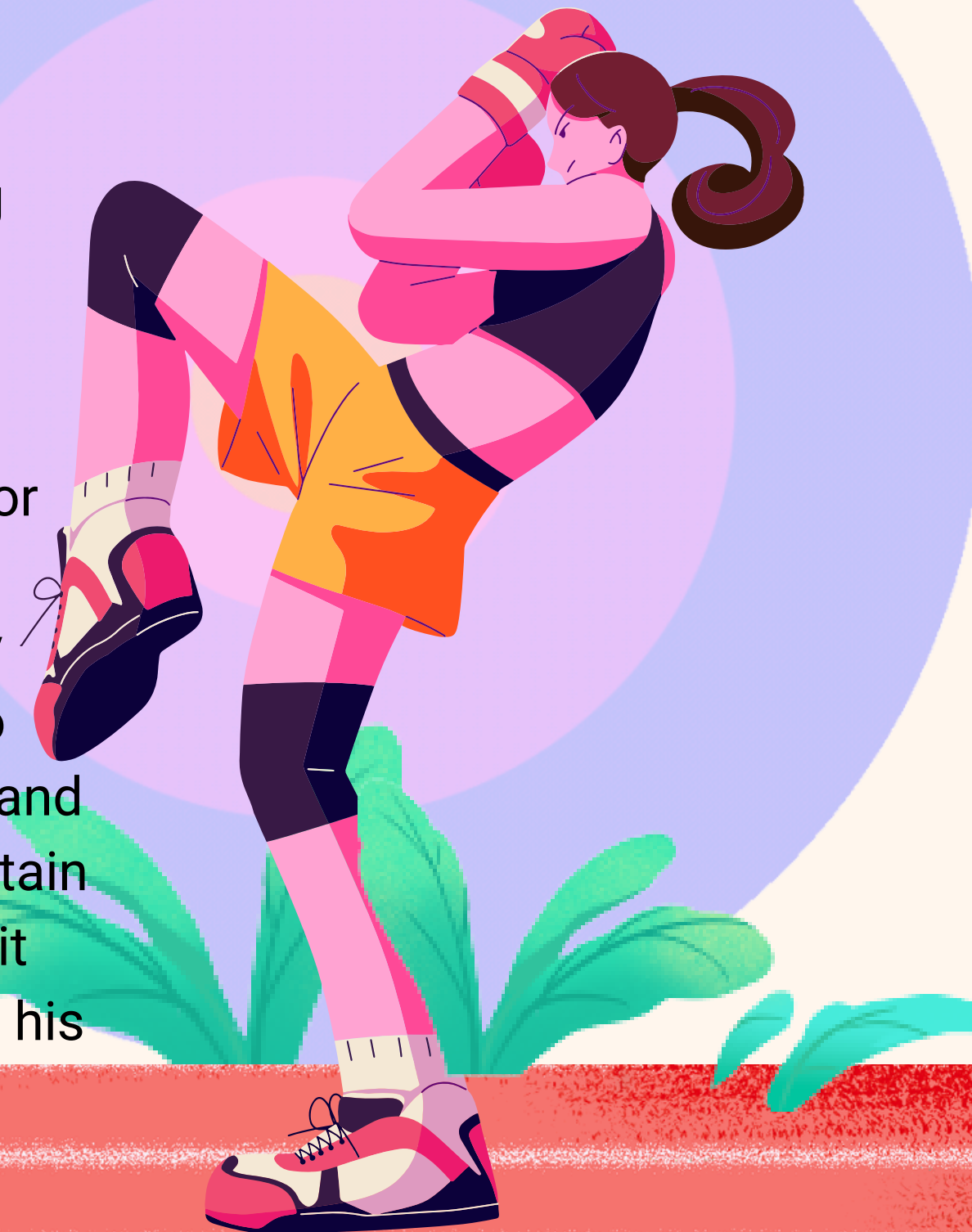
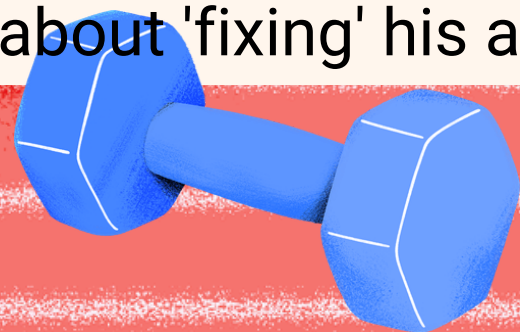


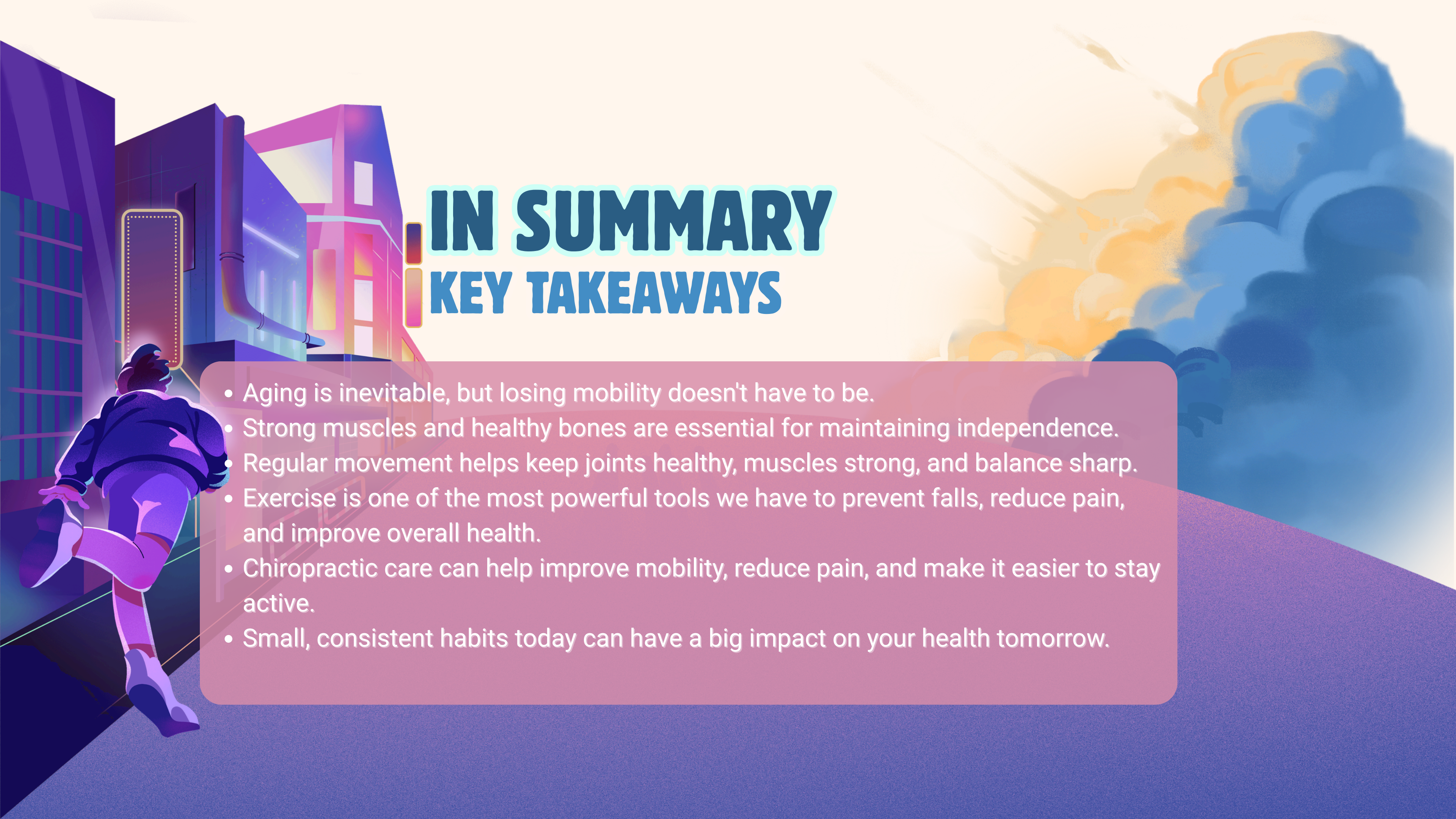
WHERE DOES CHIROPRACTIC CARE FIT IN?

Overall, the goal of chiropractic care is to help restore movement, reduce pain, and improve function to help patients of any age continue to do the activities that they enjoy doing.

A Message from Dr. Cassidy:

“One of the biggest misconceptions about chiropractic care is that it's just about treating back pain. In reality, our goal is to help people move better. When you're able to move without as much pain or stiffness, you're more likely to walk, exercise, garden, travel, and stay engaged in life. Those daily movements are what help preserve muscle, strengthen bones, improve balance, and reduce the risk of falls. Chiropractic care isn't a substitute for exercise—it's a tool that can make it easier for you to stay active. That's why we combine adjustments with stretching, soft tissue work, and personalized exercises. Together, they support healthy aging by helping you maintain the mobility and independence that are so important as we get older. My oldest patient is 95-years-old. He still loves staying active and doing the things that are meaningful to him, and his care is focused on helping him maintain the mobility and function to keep doing those activities safely and comfortably. Every visit isn't about 'fixing' his age—it's about helping him stay independent and continue enjoying his life.”



An illustration of a person in a blue jacket and red pants running up a set of stairs. In the background, there is a colorful, stylized building with orange and yellow walls and a blue sky with large, billowing clouds. The scene is set during sunset or sunrise, with warm light illuminating the sky and clouds.

IN SUMMARY

KEY TAKEAWAYS

- Aging is inevitable, but losing mobility doesn't have to be.
- Strong muscles and healthy bones are essential for maintaining independence.
- Regular movement helps keep joints healthy, muscles strong, and balance sharp.
- Exercise is one of the most powerful tools we have to prevent falls, reduce pain, and improve overall health.
- Chiropractic care can help improve mobility, reduce pain, and make it easier to stay active.
- Small, consistent habits today can have a big impact on your health tomorrow.

An illustration of a person in a blue jacket and red pants running on a rooftop. In the background, there are colorful buildings and a large, vibrant sunset sky with orange and yellow clouds. The overall scene is dynamic and energetic.

IN SUMMARY

OUR CHALLENGE TO YOU

Before you leave today, choose one healthy habit to start this week:

- Go for a daily walk.
- Practice balance while brushing your teeth.
- Stretch for 5–10 minutes each morning.
- Add strength exercises twice a week.
- Schedule an appointment with a local chiropractor if pain or stiffness is limiting your activities.

The Goal Isn't Just to Add Years to Your Life...It's to Add Life to Your Years!



THANK YOU!
ANY QUESTIONS?

Please feel free to contact Dr. Cassidy
@drcassidyburke@gmail.com with any
questions!