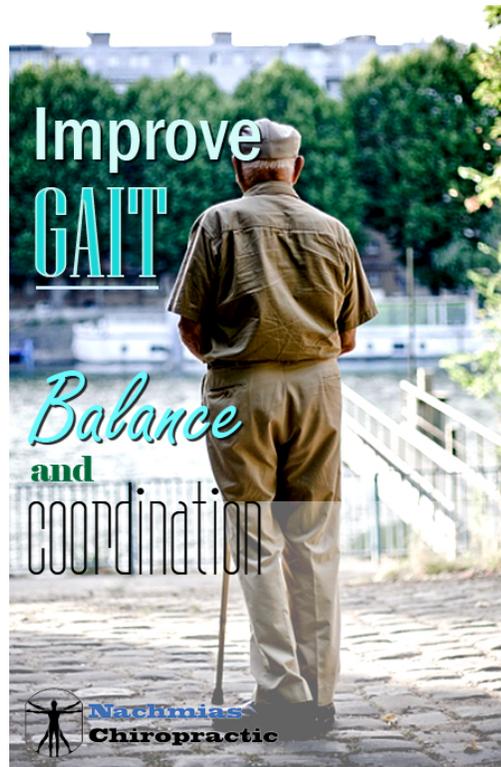


Improved Gait, Balance and Coordination in an 85-year-old Male Undergoing Subluxation Based Chiropractic Care



In today's society Medical Doctors tend to over-medicate people, and especially the elderly. With chemical drugs come many unwanted side-effects that can create even worse outcomes for the patient. Chiropractic care is a much better, non-invasive treatment option that focuses on healing the body naturally.

The Fundamentals of Chiropractic Care

The fundamentals of chiropractic care are to help the body heal itself naturally, without having to undergo risky surgery, or take dangerous drugs to deal with different pain symptoms. Also, to relief you from pain and immobility fast and effective.

With chiropractic's focus on the nervous system - as the main system for body-functionality, immunity and proper health - the ground rule is to remove subluxations/blockages of the spine, so that the nervous system can flow freely in the body. With a well functioning nervous system, the body can heal itself and continue keeping you healthy.

Chiropractic Helps on So Many Pain Symptoms

That chiropractic helps on many pain symptoms is a fact, and we are happy to present this case study of an 85-year-old male with gait, bad balance and coordination problems, and how he recovered and could decrease his prescription medicine.

Abstract of Case Study

Objective: This case reports on the health outcomes in an elderly male undergoing chiropractic care to reduce vertebral subluxations of the spine.

Clinical Features: An 85-year-old male patient presented with a chief complaint of difficulty walking and poor posture. He had difficulties in standing up from a chair with no arms, and was also unsteady on his feet. At the time of the study, he was receiving medical care from various physicians for pre-existing co-morbidities.

Interventions and Outcomes: To analyze the cervical, thoracic and lumbar regions, the interventions performed on the patient included: Sacro-Occipital, Toggle, Activator, and Diversified techniques.

Conclusion: Over the course of chiropractic care to reduce subluxations of the spine, the patient had the ability to get up from a chair with ease, and he had noticeable improvements in posture, gait, balance, and coordination. He was able to decrease his prescription medication usage, which is the goal of any natural healing practice (Parts taken from: vertebralsubluxation.sharepoint.com).

If you suffer from any kind of pain symptom, immobility, allergies, headaches/migraines, and many more symptoms, do not wait to contact Dr. Adam Nachmias – Nachmias Chiropractic.

Dr. Adam Nachmias got voted 2016' Best Chiropractor in New York for the 2nd year in a row, and he also has 26 years experience within the field of chiropractic. Read his outstanding reviews and see what other patients say about him:

<http://calldradam.com/chiropractic/patient-reviews/>

Until March 4, 2017, you can take advantage of our New Year's [#Promotion](#) and get an exam/consultation and 3 chiropractic adjustments for only \$75. Just show the ad upon arrival to the office. Follow this link, or find it on our social medias':

<http://calldradam.com/chiropractic-deals/>

To book your appointment call any of our offices:

Brooklyn: 718-238-8900

Manhattan: 212-924-1700

Or book online: <http://calldradam.com/contact/book-online/>

We warmly welcome you to get pain relief at Nachmias Chiropractic!