Chiropractic care may help guard against age-related decline

A study comparing chiropractic users with medical-only users showed significantly less functional limitation and less difficulty lifting, reaching, stooping, or walking.

It also showed better vision, less health-related worry, and higher self-reported health than medical-only users.



Weigel P, Hockenberry J, Wolinsky F (2014), "Chiropractic use in the medicare population: prevalence, patterns, and associations with 1-year changes in health and satisfaction with care," Journal of Manipulative and Physiological Therapeutics