



# Kennedy Chiropractic Centre

## November Newsletter

## Chiropractic Care and older people: improved function, less falls.

Research: Chiropractic care can improve sensory, motor functions important in falls risk, and impact quality of life



A newly published trial (1) has shown that 12 weeks of chiropractic care in a group of older patients resulted in improvements in their sensory and motor functions that are important for falls risk, as well as improvement in the physical component of quality of life. The study, the main trial in chiropractic researcher Dr. Kelly Holt's PhD, states:

*"Falls account for more than 80% of injury-related hospital admissions in people older than 65 years, and they are the leading cause of injury-related death in older adults"*

The study showed that compared with the control group:

- Those receiving chiropractic care "improved significantly in ankle joint position sense error." This shows a potential impact of chiropractic care on proprioception, or the brain's ability to know where the body is in space.
- There was also a significant improvement of increased sensorimotor function at 12-weeks. Interestingly they only started to improve after 4 weeks of care, but not before.
- At the 12-week mark, the chiropractic group also improved by 13.5% in multisensory processing (integrating information from two or more senses), an important factor in falls risk.
- The chiropractic group also displayed statistically significant improvements in quality of life related to physical health.

### Story at-a-glance

1. This Randomized Controlled Trial showed that chiropractic can help improve function in older people, with a possible impact on their overall health and quality of life. We should encourage older adults to get checked!
2. There was a really big improvement in one of the measures as a result of more than 4 weeks of chiropractic care, but not less time. Sometimes the improvements in function that we're looking for just take time.
3. **Practical Application:** 12 weeks of chiropractic care resulted in improvements in some factors that are important for falls risk (sensory and motor function), as well as improvement in the physical component of quality of life in a group of older adult people.

*"In general, older people are underrepresented in many chiropractic practices." says Holt "This study should give chiropractors confidence that they can help improve function in their older patients and that may have an impact on their overall health and quality of life. We should encourage older adults to get checked!"*

From this study, chiropractors can confidently say that *"12 weeks of chiropractic care has resulted in improvements in some factors that are important for falls risk (sensory and motor function), as well as improvement in the physical component of quality of life in a group of older adult patients."*

1. Holt, Kelly R et al, "Effectiveness of Chiropractic Care to Improve Sensorimotor Function Associated With Falls Risk in Older People: A Randomized Controlled Trial," Journal of Manipulative and Physiological Therapeutics.

# What Happened in October?



Dr Tracy received an award for "Outstanding Service" to the chiropractic profession at the recent conference in Cairns.



Dr Tracy & Glen attended the bright beach themed dinner in Cairns



Dr Hart has recently taken over presidency of the Australian History of Chiropractic Association.



Scarlett & Ruby donated some toys



The Cherry Blossom in full flower

Whilst Drs Tracy and Hart were catching up on Professional Development - the day without patients opened up the opportunity to give the front of house, veranda and stairs a much needed clean after all the bird and possum "art", the spiders also got a move along too please. The pot plants were revitalised with a new potting mix and some slow release fertiliser – now looking very swish for Spring.



## Thank you

Many of you refer your family, friends and co-workers to us for them to enjoy the same benefits that you gain from regular chiropractic care. So we'd like to thank you in a big way. Between September through November we will put your name in the 'thank you' box to win Contour Pillow. As they say, "Got to be in it to win it" so who can you refer this week – family, friends, co-workers, grocer, butcher, plumber, mechanic etc...

# Staff Update

**Dr Hart**



Dr Hart is looking ahead to 2020 when he will likely ride his motorbike around Australia with several friends. It is part of his programme to stay alive and well. Looking ahead keeps the brain alive too. Without a goal, the brain begins to shut down. Going around Oz is not a great plan, but it is a part of the process of living in the future. What is your great ambition and plan?

Dr Hart is at work on Monday and Thursday.

**Dr Tracy**



Dr Tracy was surprised and honoured to receive an "Outstanding Service Award" at the recent Chiropractic Association Conference in Cairns. She attained all her required further professional development and listened to some interesting speakers. She, and all the team are updating the First aid and CPR just to be more prepared.

Dr Tracy is working Monday, Tuesday, Wednesday & Saturdays

**Dr Chan**



Dr Chan became an Auntie again with the birth of her new niece *Darcy Adeline*. Her step-brother Sam and sister-in-law Catherine (who are also both Chiropractors on the Sunshine coast), are very happy and proud parents.

Dr Chan will be working a couple of days for her brother Sam in Buderim while he takes some time off for the new bub, as well as working extra couple of days for Tara in Toowoomba.

Dr Chan is having a trip to Melbourne in the middle week of November to see her Sister Nicole, and do more Auntie duties down south. Her sister in Melbourne is trying to persuade her to audition for "Australian Survivor" telling her that she needs another adventure, but Dr Chan thinks it's probably best she didn't ;-).

Dr Chan works Friday & Saturdays each week.

**Dr Tara**



Tara had some fun little trips away in October. She got to meet her gorgeous new Niece in Emerald and spend some time down in Melbourne catching up with family and friends. She's enjoying the warmer weather and can't wait for a few good trips to the beach!

Dr Tara works Tuesday, Wednesday, Thursday, Friday and Saturdays.

**Dr Sandie**



Dr Sandie hasn't been up to anything very exciting lately except going for her first horse ride in many many years. She is enjoying the change in the weather (when it doesn't change its mind).

Dr Sandie works Wednesday morning, Friday afternoon and Saturday morning.

**Sue**



Well, it's that time of year again! Sue is loving the warmer weather, being such a 'Cold Frog'. She was wondering if Spring would ever get here. Sue loves to be outdoors enjoying Toowoomba's beautiful parks and gardens in Spring. Having regular adjustments certainly makes this possible.

**Natalie**



Natalie spent a weekend at the Toowoomba Carnival of flowers, selling flowers as she does every year and loves it. Her youngest son Ryan has set a date in October 2017, to marry his beautiful fiancé.

Natalie is also trying to get her head around the fact it is only a few weeks before Santa...

**Leiza**



Leiza spent time cleaning up the camper after all the rain/ mud while she was recuperating from visiting the grandkids. She and her husband also visited the Caravan show for more ideas for glamping.

She bought a new mattress - thank you Dean at Sleepy's it's divine. And she took lots of walks in the parks enjoying this beautiful spring.

## Kennedy Chiropractic Centre - Calendar and hours

November 2016					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>31 October</b> Dr Hart Dr Tracy	<b>1 November</b> Dr Tara Dr Tracy Melbourne Cup Day	<b>2 November</b> Dr Tara Dr Tracy Dr Sandie	<b>3 November</b> Dr Tara Dr Tracy for Dr Hart	<b>4 November</b> Dr Tara Dr Sandie Dr Chantal	<b>5 November</b> Dr Sandie Dr Chantal Dr Tracy
<b>7</b> Dr Tracy Dr Sandie for Dr Hart	<b>8</b> Dr Tracy Dr Chantal For Dr Tara	<b>9</b> Dr Tracy Dr Chantal For Dr Tara	<b>10</b> Dr Sandie For Dr Tara	<b>11</b> Dr Sandie Dr Chantal Dr Tracy for Dr Tara	<b>12</b> Dr Sandie Dr Chantal Dr Tracy for Dr Tara
<b>14</b> Dr Hart Dr Tracy	<b>15</b> Dr Sandie For Dr Tara Dr Tracy	<b>16</b> Dr Tara Dr Sandie Dr Tracy	<b>17</b> Dr Tara Dr Hart	<b>18</b> Dr Tara Dr Sandie Dr Tracy For Dr Chantal	<b>19</b> Dr Sandie Dr Tracy Dr Tara For Dr Chan
<b>21</b> Dr Hart Dr Tracy	<b>22</b> Dr Tara Dr Tracy	<b>23</b> Dr Tara Dr Sandie Dr Tracy	<b>24</b> Dr Tara Dr Hart	<b>25</b> Dr Tara Dr Sandie Dr Chantal	<b>26</b> Dr Chantal Dr Tara Dr Sandie
<b>28</b> Dr Hart Dr Tracy	<b>29</b> Dr Tara Dr Tracy	<b>30</b> Dr Tara Dr Tracy Dr Sandie	<b>1 December</b> Dr Tara Dr Hart	<b>2 December</b> Dr Tara Dr Sandie Dr Chantal	<b>3 December</b> Dr Chantal Dr Sandie Dr Tracy
December 2016					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5</b> Dr Hart Dr Tracy	<b>6</b> Dr Tara Dr Tracy	<b>7</b> Dr Tara Dr Tracy Dr Sandie	<b>8</b> Dr Tara Dr Hart	<b>9</b> Dr Tara Dr Chantal Dr Sandie	<b>10</b> Dr Chantal Dr Sandie Dr Tara
<b>12</b> Dr Hart Dr Chantal For Dr Tracy	<b>13</b> Dr Tara Dr Chantal For Dr Tracy	<b>14</b> Dr Tara Dr Sandie	<b>15</b> Dr Tara Dr Hart	<b>16</b> Dr Tara Dr Chantal Dr Sandie	<b>17</b> Dr Sandie Dr Chantal Dr Tracy
<b>19</b> Dr Hart Dr Tracy	<b>20</b> Dr Tara Dr Tracy	<b>21</b> Dr Tara Dr Sandie Dr Tracy	<b>22</b> Dr Tara Dr Hart	<b>23</b> Dr Tara Dr Chantal Dr Sandie	<b>24</b> Dr Chantal Dr Sandie Dr Tracy
<b>26</b> <b>Closed</b> Boxing Day	<b>27</b> <b>Closed</b> Christmas day	<b>28</b> Dr Sandie Dr Tracy	<b>29</b> Dr Hart	<b>30</b> Dr Sandie Dr Tracy	<b>31</b> Dr Sandie Dr Tracy
January 2017					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2 January</b> <b>Closed</b> New Years Day	<b>3 January</b> Dr Tara Dr Tracy	<b>4 January</b> Dr Tara Dr Sandie Dr Tracy	<b>5 January</b> Dr Tara Dr Hart	<b>6 January</b> Dr Tara Dr Chantal Dr Sandie	<b>7 January</b> Dr Tara Dr Chantal Dr Sandie

### Want an appointment?

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We're on the Web! [www.kennedychiro.com](http://www.kennedychiro.com)

or follow us on facebook <https://www.facebook.com/KennedyChiropractic>