



Chiropractic care can improve sensory and motor function

Why this study matters.

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 within our community.

Study results show:

- Improvement in ankle joint position sense error - this shows an impact of the brains' ability to know where the body is in space
- Increased sensorimotor function
- Improved multisensory processing
- Improvements in quality of life related to physical health.

"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." Chiropractic Researcher Kelly Holt

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.

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