



ARE YOU **READY** FOR LIFE?



SPINAL HEALTHWEEK

20-26 MAY 2019

Media Release

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Chiro Can Help you Get Ready For Life.

As part of Spinal Health Week 2019 (20-26 May), Dr Darren Gray (chiropractor) from Coastline Chiropractic Centre is encouraging Australians to take control of their health, regardless of age, by making chiropractic part of their spinal healthcare regime.

Australians aged 65 and over make up 15% of the population and the Australian Institute of Health and Welfare estimates that this will increase to 22% by 2065, putting additional strain on the government to provide care for older Australians.

“3.7 million Australians reported back pain in 2015 alone. Back pain can have a damaging effect on a person’s quality of life by affecting their ability to participate at work, in social activities and sports,” said Dr Darren Gray from Coastline Chiropractic Centre.

For Spinal Health Week 2019, chiropractors are encouraging Australians to get Ready For Life by ensuring their posture is correct, they are living active lifestyles and seeking chiropractic care where necessary.

“One way to help you be Ready for Life and improve your spinal health is to get a check-up from your local ACA chiropractor. Chiropractors can also be seen as a preventative healthcare option by offering advice and assistance in making appropriate lifestyle choices and therefore reducing the risk of spinal health issues arising in the first place,” said Dr Darren Gray.

Chiropractic care is not a one size fits all healthcare option. Chiropractors carefully assess each patient individually and tailor their care accordingly. By using a variety of non-surgical techniques, such as specific spinal adjustments, manual therapy and low-force intervention, chiropractors offer a drug-free, hands-on approach to spinal healthcare.

“It is important to take preventative measures when it comes to spinal health and if you are experiencing pain, it is not advisable to ignore this. Get advice from your local ACA chiropractor as early as possible,” explained Dr Darren Gray.

To promote Spinal Health Week, Coastline Chiropractic Centre is holding a Wellbeing Walk on Saturday May 18, starting from Oxley Beach. Participants will walk into the Town Green and return to Oxley Beach. Visit their website for more details www.coastlinechiropractic.com.au

Visit spinalhealthweek.com.au to find out how chiropractic can help Australians get Ready For Life.

Spinal Health Week is a health initiative of the Australian Chiropractors Association (ACA), the peak body representing chiropractors in Australia.