Integrated Care for Older Adults: A Chiropractic Approach

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Describe the use of chiropractic care among older adults in the U.S. and its potential role in supporting the health of older adults and their caregivers.

Discuss the unique role that chiropractors can play in improving physical function and well-being through non-pharmacological means such as spinal manipulation, CAM modalities, and lifestyle coaching.

Identify common conditions and considerations of chiropractic care for geriatrics patients.

Definitions - Integrative care
★ APA
★ National Center for Complementary and Integrative Health
★ And?
★ Holistic view of patient
★ “Docere”

Definitions - CAM

* Complementary - used together with mainstream practices
* Alternative – used instead of mainstream practices

* 1) Natural products
* 2) Mind and body practices

Integrated Care for Older Adults

Source: AARP, and National Center for Complementary and Alternative Medicine Survey Report

Figure 3: CAM Use in the Past 12 Months Among U.S. Adults, by Age Category

Source: National Health Interview Survey, 2007

Integrated Care for Older Adults

Source: AARP, and National Center for Complementary and Alternative Medicine Survey Report

Figure 4: Reasons for CAM Use

Source: AARP, and National Center for Complementary and Alternative Medicine Survey Report
Chiropractic and CAM

“older patients are more likely to receive unsafe, ineffective and complex management, including early diagnostic imaging, surgery, and strong opioids.”

**Common Geriatric Conditions**

* “Simple” mechanical back, sacroiliac dysfunction, sacroiliitis
* Spinal Stenosis
* Referral of pain to lower extremities
  * Sciatica
* Neck pain
* Headaches
* Radicular pain to upper extremities

**Common Geriatric Conditions**

* Osteoarthritis, joint dysfunction, mechanical pain
* Distal joint pain
  * Shoulders
  * Knees
  * Hips
  * etc.
* Balance problems >> falls risk
* Contributing factors include
  * BPPV
  * Medications
  * Hypotension
  * Postural imbalances

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* Impact of Spinal Pain

* Pain and Disability
  * < ADL's
  * < mobility
* Personal impact
  * social roles, relationships, self-image
* Depression, Cognition
  * < QOL

Special Considerations

* Osteoporosis
* Sarcopenia
* Skin fragility
* Vascular fragility, insufficiency
* Comorbidities
* Polypharmacy
* Cognitive loss/dementias
* General frailty
* Elder abuse/neglect

Special Considerations

* Social service needs
  * Transportation
  * Implementation
* Facility placement

* Caregiver availability & caregiver needs
Principles of Chiropractic Practice

* Whole person focus – recognizes interconnectedness of mind, body, spirit
* Patient-centered – treatment approaches are unique to needs and desires of patient
* Integrative - Embraces multiple approaches to managing health and disease
  * > CAM

Principles of Chiropractic Practice

* Promote disease prevention
* Embrace emerging evidence while respecting the profession's historical foundation
  * Vis medicatrix naturae
* Promote optimal health in context of NMS function
A Chiropractic Approach

**Chiropractic Care**
- Assessment/Examination
- Diagnosis
  - Record sharing
- Treatment Plan
  - Adjustments (SMT)
  - CAM
  - Referral
  - Self-care

History of Spinal Manipulation
A Chiropractic Approach - Spinal Manipulation

Triano and McGregor, 2017
A. Preload,  
B. Peak Force, C. Speed,  
Resolution

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**Speed**

Fig 4. Pattern of responses for the 46 afferents.
A Chiropractic Approach - Spinal Manipulation

* Loads consistent with ADLs: one hand lift of a 50 pound suitcase (Triano and Schultz, 1997)
* Ranges: 77N to 870N

Control Elements for Spinal Manipulation

<table>
<thead>
<tr>
<th>Patient</th>
<th>Provider</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patient Posture</td>
<td>Preload</td>
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<tr>
<td>Static</td>
<td>Load direction</td>
</tr>
<tr>
<td>Dynamic</td>
<td>Peak Load</td>
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<td></td>
<td>Load impulse Rate</td>
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<td>Load duration</td>
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References


https://nccih.nih.gov/about


Questions?

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