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The Freedom Lifestyle

**“Each year, millions of older people, especially those 65 and older, fall.”
Centers for Disease Control and Prevention**

Who do you know who walks with the aptly named “old person” shuffle?

This occurs when an older adult takes shortened steps with their eyes looking down at their feet. This is the sequel to years of decline in proprioception and strength in the body with loss of ranges of motion in the joints from ankles to neck and skull. The shortened steps are the method of ensuring that a foot is not out of contact with the reassuring ground for longer than absolutely necessary in order to walk, thereby maintaining two-legged balance/stability as long as is possible.

One of the most critical aspects of general well-being that often gets overlooked is the ability to maintain balance and coordination, especially when the terrain is not perfectly flat and predictable. With increasing age, this seemingly simple skill becomes increasingly vital to ourselves, family members and peers. In fact, it is often not until the person has a fall and hard landing that they realize they have balance and coordination issues that have suddenly developed because of the landing or were previously unnoticed and/or untreated.

At Life Chiropractic I have always encouraged our patients to strive for a Freedom Lifestyle.. We offer ProBalance360 which is an FDA cleared device for Vestibular Rehabilitation. Vestibular Neuropathy Therapy and Prosoft Mechanical Motion Therapy are simultaneously used during upregulation of the neuropathways to improve and restore the integrity, strength and ranges of motion of the joints and muscles. Many patients notice a functional difference within one session!

The acquisition of the **Freedom Lifestyle** enables the individual to:

- **move how they want to move**
- **do what they want to do**
- **go where they want to go**
- **be who they want to be**

PROADJUSTER®



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