

# Healthy Ageing



From experience people say, 'it's because I'm getting older' more when they get into their mid to late 40s, this may be because they have begun to experience some joint stiffness, or notice they can't quite perform to the physical level that they recall.

As time goes on our body's structure begins to change, joints may lose their smooth cartilage surfaces leading to arthritis, the muscles and tendons become less elastic due to changes in their chemistry and later in life the bones can lose density leading to osteoporosis.

These changes lead to changes

in posture, ranges of movement and levels of pain experienced on activity.

The good news is that as people naturally age, there are lots of things that can help slow any decline and help keep them active and pain free.

With self help that may need appropriate encouragement; in example, a person who continues to do cardiovascular exercise, such as cycling/walking as they get older, tend to have 50% less decline than those who are sedentary.

I hope this article shows that Osteopathic treatment with activity, can benefit people of all ages. Favourable treatment may adapt, but David as an

osteopath, has the skills to accurately assess and treat people in their development.

The nature of osteopathic treatment will enhance your well being in a holistic manner.

Appropriate treatment will keep your tissue's relax and increase your circulation. Maintaining your bodies optimum condition and function, is the principal objective of your individual treatment, including practical advice.

Best wishes, David

"I've been able to continue my hobbies of golf and gardening"

Registered **OSTEOPATH**  
**DAVID GRAY BSc (Hons)**  
*Gentle & Effective Pain Relief for all ages*

[www.davidgray-osteopath.co.uk](http://www.davidgray-osteopath.co.uk)

"I can recommend his holistic approach and way of working without hesitation."

**Treating:** Chronic & Acute Back & Neck Pain, Sciatica, Whiplash - Associated Disorders  
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Contact him directly on **07973 297 438** or on **01844 354 737**  
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