

[IMAGE]

Stay in Touch

By Editorial Staff

Staying in touch has been the challenge for people of all ages since COVID-19 hit home (and kept us all at home), but with stay-at-home restrictions slowly lifting, that challenge remains for many seniors who are either afraid to venture out or fear having friends and loved ones visit. That same fear may also be keeping seniors from getting the health care services – including chiropractic – they need.

But that doesn't have to be the case, because seniors can stay in touch with their chiropractor via email, text and in many instances, video appointments. It's a great way to maintain the doctor-patient bond seniors are accustomed to and make sure any health issues are evaluated before they become worse.

sad lady - Copyright â Stock Photo / Register Mark If you're a senior and your chiropractor isn't already reaching out to you via one of the above methods, give them a call and find out what options they offer to stay connected, whether you're interested in an in-office appointment or a virtual one. If you're a friend or loved one of a senior, share this article with them and help them connect with their chiropractor. Staying in touch; it's essential to keep seniors healthy – body, mind and spirit – during the COVID-19 pandemic.

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