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## Indirect technique and elderly care: Applications in Manual Therapy

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There are a number of converging issues that will reach crisis levels in the near future. The world's population is aging virtually every country in the world is experiencing growth in the number and proportion of older persons in their population. An aging populace also predetermines that an accompanying issue will be a lack of people to care for the old.

Meanwhile, automation in many industries is reducing the overall number of jobs available. Alongside these issues is the opioid crisis with its strong ties into spinal health.

For the old and elderly, spinal issues are the norm and increase with age. Many current spinal treatments including common surgeries simply do not work well with the elderly and have a corresponding loss of effectiveness with age. Currently, there are very few available alternative spinal treatments for the old that retain their efficacy in application. This paints a bleak picture of an aging future population

over-reliant on medication, and ultimately, costly surgical interventions with high rates of failure. Indirect technique, aka: "unwinding" is a gentle manual technique that is best applied particularly and comprehensively to joint space, particularly at the spine and ribcage. The focus on joint space rather than soft tissue/muscle/fascial manipulation, as is the norm in current manual therapy, makes the technique much more suitable for the old and elderly.

"Indirect Technique" simply stated, means that rather than pushing a bone into place, the space for it or the "path of least resistance" is specifically created where the practitioner intends for the bone to move. Performed in a comprehensive fashion, this allows for gentle and gradual spinal manipulation that ultimately may decompress neural pathways and aid in the balance and flow of cerebrospinal fluid (CSF), with its many positive implications on overall health.

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