

Strength Today, Function Tomorrow: Building a Strong Moon Valley

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Functional strength encompasses more than fitness. It is maintaining the ability to move, balance, lift, reach and participate in the activities we love. As we age, the loss of muscle mass and strength, known as sarcopenia, can become an important factor in declining mobility and diminished physical capacity. Research shows that **sarcopenia affects roughly 10%–27% of adults age 60 and older**, depending on how it is measured, demonstrating that attention to functional strength is increasingly important with advancing years.

At **Moon Valley Chiropractic**, we don't simply sit back and wait for adverse symptoms to occur. We take an individualized, **proactive approach to functional strength**, providing our patients innovative treatment and movement plans designed to improve stability, mobility, strength and resilience; ultimately reducing the necessity for post-injury office visits. This preventive focus is especially important for people managing significant musculoskeletal challenges, particularly those approaching or who have undergone **spinal fusion**.

Appropriate, individualized rehabilitation and strength training efforts play an important role in restoring functional capacity after surgery. **Clinical research has found** that structured strength-based rehabilitation treatments following lumbar fusion can significantly improve measures such as walking speed and trunk muscle strength. Our aim is to work closely with each patient in understanding and supporting what their body needs and developing a safe, personalized path toward greater function and confidence.

Then, there's another kind of strength we believe is also foundational to wellbeing: **community strength**. That is why Moon Valley Chiropractic is delighted to bring neighbors together for the **2026 Moon Valley Holiday Harvest Market, Car Show, and Community Gathering on Saturday, November 21, from 7 a.m. to Noon in Moon Valley Plaze**. Building a stronger body and building a stronger community have more in common than we might think: both require consistency, connection, and people willing to show up. We invite our Moon Valley neighbors to join us, celebrate the season and strengthen the relationships that make our community special. Strength today builds function tomorrow—and when we build that strength together, we create a healthier, more vital Moon Valley for everyone. Call our office at 602-298-0292 to learn more about vendor space or to schedule a new patient appointment.