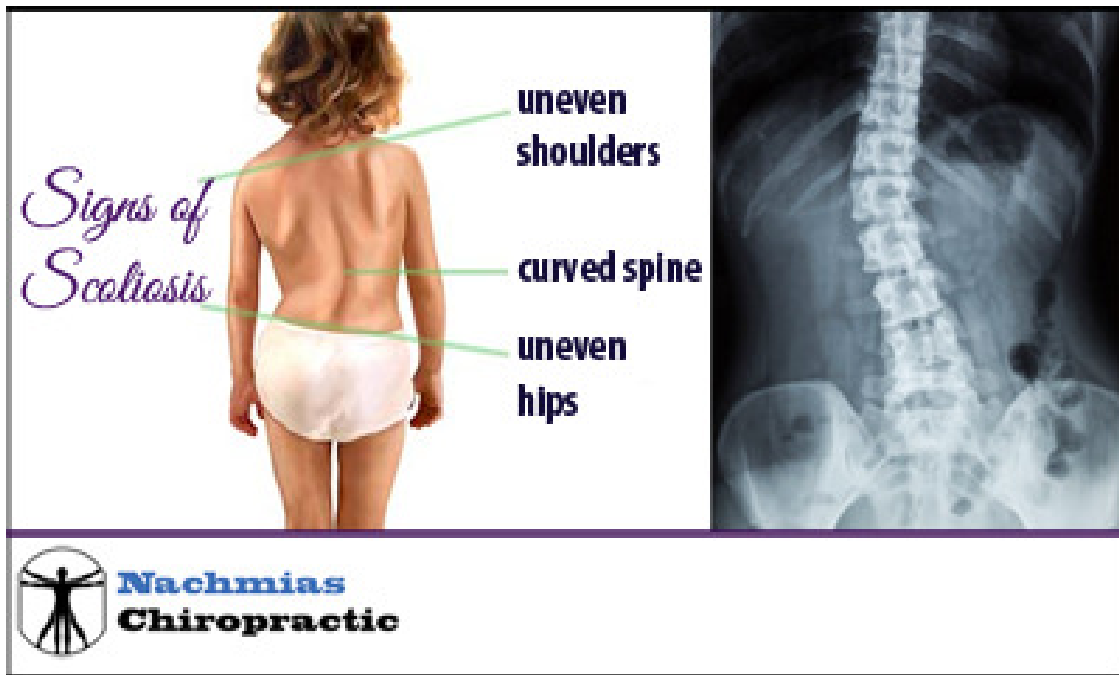


Check Your Child from Scoliosis Before he/she Goes Back to School



What Does Scoliosis Mean?

Scoliosis is tragic. It can cause both physical pain and emotional suffering. This sideways bending of the spine may show up as abnormal posture, and ultimately cause significant deformity. If allowed to advance, its physical malformation can interfere with the function of the heart and lungs, and irritation to the nervous system via the spinal cord and peripheral nerves (housed by the spinal column) can cause dysfunction in many other vital organs. Generally, scoliosis is most common in girls between the ages of 8 and 18.

If someone in your family has scoliosis, your children should be checked regularly.

In the beginning, when scoliosis is easiest to correct, there are rarely symptoms. Physical discomfort is often overlooked as "growing pains." An alert parent may notice that a high shoulder or low hip makes clothing fit awkwardly. An imbalance in the shoulder or hip levels of just 1 cm in a small child may indicate an underlying spinal curvature.

How To Recognize The Signs Of Scoliosis In Your Child?

You can check at home if your child has signs of scoliosis and need chiropractic check-up by Dr. Adam Nachmias at Nachmias Chiropractic.

First, have your child stand up straight in front of you. Check his/her shoulders, hips and ears – left and right should be the same height. Make sure that the shoulder blades on left and right are even and that there is no obvious protrusion on either side of the spine when they bend forward.

Second, check your child's shoes for wear on one side or the other and for toes that point in or out when walking. These could be signs of abnormal gait.

In infants, persistent head rotation, head tilt, flattening of the skull on one side or preference of one breast over the other when feeding may indicate a misalignment in the vertebrae at the top of the spine (<http://drdina.ca/>).

Moreover, if your child has ever had a fall or if he/she has been involved in any accidents it is a good idea to have Dr.Adam check him/her for any spinal stress, which can cause scoliosis.

The Importance of Early Detection

Children under the age of 10 show on average, nearly 3 times better correction from chiropractic adjustments on Scoliosis, than children over the age of ten. This suggests that the sooner

Dr. Adam begins adjusting your child's spine, the better ability to make a marked correction.

Spinal subluxation, which can occur as early as birth, is a major causative factor in the development of abnormal spinal curvatures. Early detection and management of abnormal spinal curvature may help prevent or lessen the severity of what can become a devastating structural condition that has severe health implications (www.hardickchiropractic.com).

Scoliosis is developmental, not congenital (you can't be born with it). That's why it is so important for your child to be examined by Dr.Adam, while scoliosis correction is possible. Dr. Adam was voted 2015's best chiropractor in Brooklyn, so you can feel confident that he is the best possible chiropractor to examine and treat your child.

Book your child's chiropractic exam and consult before he/she goes back to school and you can rest assured that your child is free from pain and other symptoms that can prevent him/her from focusing fully on school.

Book your appointment online:
<http://calldradam.com/contact/book-online/>

Or call any of our offices:
Brooklyn: 718-832-7300
Manhattan: 212-924-1700

We warmly welcome you to ensure health with Nachmias Chiropractic!