

## Chiropractic is the Answer to Treat Scoliosis in Children



*Recent research has shown that children with scoliosis and curvatures of the spine experienced huge improvements after undergoing chiropractic treatments.*

The study from the Journal of Pediatric, Maternal & Family Health – Chiropractic was performed on 36 children with scoliosis.

“Research is revealing that there is a relationship between abnormalities in the spine, the nervous system and structural abnormalities such as scoliosis” stated Matthew McCoy DC, MPH, a chiropractor, public health researcher and editor of the journal that published the study. McCoy continued “What makes this study unique and interesting is that it is the largest research study of scoliosis involving chiropractic adjustments as the sole intervention”.

According to the authors of the study the prevalence of adolescent idiopathic scoliosis is estimated to be within 2-3% in children aged 10-16.

If scoliosis goes untreated it may lead to following conditions and symptoms:

- Curve progression
- Loss of pulmonary function
- Increased overall mortality
- Increased mortality in women due to cancer
- Increased prevalence of self-reported arthritis
- Negative perception of ones health
- Increased difficulty in basic physical tasks

- More days of limitation due to sickness, injury, and other health problems, and
- Increased prevalence and intensity of back pain

In conclusion, scoliosis can affect a person's long-term state of health and well-being when not treated.

### **What Causes Scoliosis?**

Several factors are thought to contribute to the cause of idiopathic scoliosis, including genetic, neuromuscular, hormonal, and biochemical causes. The eventual result of these causes is an abnormal curving of the spine, which can be harmful to your health.

Scoliosis can also be very painful. The earlier small curves are corrected, the less likely they may progress to more serious curves.

The spinal nerve interference can lead to all sorts of dysfunction and this is certainly true with scoliosis, and other spinal curvatures.

“Considering the fact that every single function of the body is controlled by the nervous system it should not surprise anyone that removing interference to the neurology that controls the muscles and joints of the spine would lead to improvement in the curves” remarked Dr. McCoy.

(Parts taken from: chiropracticchronicle.com)

Nerve interferences are what chiropractors call subluxations, and that is what Dr. Adam Nachmias – Nachmias Chiropractic specializes in adjusting (removing) on a daily basis.

Dr. Adam has helped so many people with scoliosis and curvatures of the spine for more than 26 years to live pain free, healthy lives.

During his years as a professional chiropractor he found a genetic link to Scoliosis in families. If there is an immediate family member (i.e. parents, children, brothers or, sisters) that suffers from scoliosis, you should get examined too. There is a chance that you may have scoliosis as well.

If you suffer from scoliosis, or any other pain condition, do not wait for it to get worse. Book your chiropractic exam and consult with Dr. Adam Nachmias today!

To book an appointment, call any of our offices:

Brooklyn: 718-238-8900

Manhattan: 212-924-1700

Or book your appointment online:

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

**Nachmias Chiropractic – We Got Your Back!**