



Connor Perry

CHILDHOOD CHIROPRACTIC CARE

YOUR CHILD'S SPINE IS AS IMPORTANT AS HIS TEETH.

by Jeff Evans, DC

As a parent, the health of our children is probably the most important thing in life. From the time that they are born, we are in charge of protecting and nurturing our children. They look to us for guidance and education on keeping a safe and healthy lifestyle. As soon as your children have teeth, they are taught to regularly brush and floss them. You take them to the dentist for regular checkups to help them maintain healthy teeth and a beautiful smile. Teaching your children about spine health is just as important and is too often overlooked.


Your child should know that maintaining a strong, flexible, healthy spine is one of the most important factors in living a pain-free and active lifestyle. Doctors of chiropractic are the best trained to help your child maintain a healthy spine and nervous system.



Have you ever thought to teach your child to maintain a healthy spine and posture? Have you been taught the important role that a healthy spine plays in maintaining a

properly functioning nervous system? Our children's spines were formed while they were still in the womb, and the birth process is the very first trauma their spine receives. Normally the cervical (neck) spine receives the most stress in the birth process. The upper neck protects major control centers in the spine, which can be affected by misalignments caused by this stress. Childhood conditions such as ear infections, headaches, asthma and respiratory problems (just to name a few) can be associated with spinal misalignments.

We have all witnessed the frequent falls, bumps and bruises that occur when a child is learning how to crawl and walk. These traumas affect the sacrum and lumbar vertebrae (the foundation of the spine). As the foundation is misaligned, the vertebrae above realign to compensate and poor posture begins. This poor posture can perpetuate, or worsen, through your child's growing years. "As a twig bends so grows the tree." These misalignments may be a factor in conditions

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such as scoliosis, bedwetting, poor bowel function and colic (again, just to name a few!).

By now, you should understand that caring for your child's spine is just as important as caring for his or her teeth. Here are a few tips parents should do and observe:

- **Head posture** Your child should not have a chronic head tilt to one side only.
- **Let them crawl before they walk** Avoid placing children less than 12 months in walkers for long periods to ensure proper spinal curve formation.
- **Feet position** Look for duck feet, knock-knees and pigeon toes, which may be an indication of a misaligned pelvis.
- **Shoulder and hip levels** An imbalance may be an early indication of spinal misalignment due to scoliosis.
- **Unequal leg length** May be an indication of pelvic misalignment.

Approximately 85% of the population will suffer debilitating back pain at some point in their life. The good news is that so much of it is preventable! Studies show that 70-90% of doctor visits are stress and musculoskeletal related. Early detection and correction in childhood can prevent chronic problems in adulthood.

Make sure to have your child's spine checked before the pain or immobility of spinal misalignments occur (and don't wait for the pain of cavities to take them to a dentist either!).

Chiropractic is the most safe and effective treatment for spinal misalignments for both children and adults. Children receive faster results, with fewer treatments than adults who waited for a painful level of degeneration to be treated. The longer you wait to have your children's spines checked, the bigger problems they may find. Today, the average person waits until the age of 40 to see a chiropractor. This is a problem. You wouldn't wait until your child is 40 to take them to the dentist would you? Of course not. So why wait to have them visit a doctor of chiropractic?

As a parent, you need to know that you are doing all you can to ensure the health and well-being of your children. As a part of keeping your kids healthy, remember not to neglect the health of their spines. Children should be taught that maintaining a strong, flexible and healthy spine is one of the most important factors of living a pain-free, active lifestyle.



Photograph of Dr. Robert Findley, DC, adjusting Connor Perry of Myrtle Beach. Findley Chiropractic is located at 1211 48th Ave N, Myrtle Beach, (843) 449-1000.

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