Think that chiropractic is just for adults? Think again!

We encourage our patients to learn how chiropractic care helps kids of all ages grow up as healthy as possible.

Spinal problems can start earlier than you might think - much earlier. In fact, the birthing process itself has been shown to wreak havoc on a baby's spine. It's no wonder that many youngsters develop a spinal condition called vertebral subluxation. This condition occurs when vertebrae are out of alignment. Subluxations are linked with a myriad of childhood ailments, such as colic, asthma, ear infections and attention disorders.

Solving Versus Masking Problems:
In a typical day, kids' spines are subjected to a variety of traumas. Learning to crawl or walk, sports injuries, heavy backpacks, stress, slumping, uncomfortable seats, etc. all affect alignment and can cause spine and neck pain. And the common "cure" - continually popping painkillers - can cause long-term harm, especially for developing bodies and brains. Chiropractic is all natural, safe and is effective in improving the function of your nervous system without the side effects of medication.

Feel free to discuss any pediatric health issues with us, even if it's not related to the spine. We're your partners in health - for you and your children!
DAMAGING EFFECTS OF
FORWARD HEAD POSTURE

The effects of posture on health is becoming more evident. "Spinal pain, headache, mood, blood pressure, pulse, and lung capacity are among the functions most easily influenced by posture. One of the most common postural problems is the forward head posture (FHP). Since we live in a forward facing world, the repetitive use of computers, TV, video games, and even BACKPACKS have forced the body to adapt to a forward head posture. Ideally, the head should sit directly on the neck and shoulders, like a golf ball sits on a tee. The weight of the head is more like a bowling ball, so holding it forward, out of alignment, puts a strain on your neck and upper back muscles. When spinal tissues are subject to a significant load for a sustained period of time, they deform, wear and tear unevenly and they could undergo damages that could become permanent.

FHP is relatively easy to detect. And remember, long standing postural problems like FHP will cause spine and nerve damage that can lead to muscle strain, disc herniations, arthritis, and pinched nerves.

Secondary conditions

The following list represents conditions that are often the result of a forward head shift known as FORWARD HEAD POSTURE:

- Neck and Back Pain
- Sciatica and Hip Pain
- Numbness and Tingling
- Muscular Spasm and Tension
- Headaches (including Migraines)
- Pinched Nerve
- Herniated Disc
- Degenerative Disc Disease
- Degenerative Joint Disease
- Decreased Range of Motion
- Poor Posture
- Dizziness/Vertigo
- Carpal Tunnel Syndrome
- Dowager's Hump ("Granny Hump")

FORWARD HEAD IS ONLY OK IF YOU'RE A VULTURE

BACK TO SCHOOL PROMOTION
8/8-8/11
FREE EXAMS FOR ALL CHILDREN!
WHO ARE YOU REFERRING???

Sources: Wellness Express 2010 and Mercola.com 2010.
The average spine is not perfectly straight but curves slightly right or left — sometimes with a minor rotation of one or more vertebrae. When a lateral (side to side) spinal curve is exaggerated, it’s called a scoliosis. Dr. Christian explains to patients that scoliotic curvatures are categorized as either functional or structural.

Functional scoliosis is associated with muscle spasms, which "pulls" vertebrae out of alignment. With structural scoliosis the vertebrae are basically "stuck" in place and is more difficult to correct. Only 10-15% of scoliosis cases are traceable to a specific cause, the remaining 85-90% are termed "idiopathic" (without known cause). Women are significantly more likely than men to have spinal curvatures. Scoliosis recurrence among relatives is estimated at 25-35%. Chiropractic adjustments, gentle maneuvers that correct vertebral subluxations, can prove invaluable in caring for scoliosis. In addition to adjustments, we may recommend exercises and heel lifts for patients with scoliosis.

Chiropractors are trained to determine the extent of a patient’s scoliosis and to refer those who may require additional treatment to qualified professionals. In severe cases, chiropractors may co-manage a patient’s progress with an orthopedic surgeon or physiotherapist.

Freeing movement at each segmental level keeps the spine flexible, making the scoliosis less likely to progress. Leveling the pelvis and sacrum can correct some scoliosis. In cases of structural scoliosis, chiropractic care may slow the progress of curves less than 20 degrees - if care begins before the patient has reached skeletal maturity (young adulthood). In older patients with structural scoliosis, chiropractic care can alleviate pain associated with the disorder and halt additional curve progression.

If you know someone who suffers from scoliosis ignoring this condition won’t make it go away. While time may heal most wounds, it will only further enhance scoliosis-related problems so don’t delay in telling them that there is help.

**BACK TO SCHOOL PROMOTION**

Give kids a healthy start in life

For 1 week only **8/8-8/14** we are offering a **FREE** Chiropractic Exam, Report and **1st Adjustment** to the children in our community.

If you are a patient and your children have not been checked yet, take this opportunity to prevent any future issues.

If you know somebody who is suffering because their child is in pain or taking medications - refer them to come in!!!
Patient Appreciation Day
6/29/11

Thank you to everyone that came out to have fun with us for our Patient Appreciation Day!
We thank God everyday for the best patients in the world!

A special shout out to the Platko family for representing the most American Spirit.

Heather P. was the big winner of our gift basket.
Congrats Heather & Brad! Have fun at Busch Gardens!!!

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Office Updates

7/21 Grains Class - 6:00PM
Come learn the role of grains in our life/diet. Sign up with front desk.

7/26 Doctor's Report 6:00PM
Intro to our office and corrective chiropractic care.

7/28 Office Closure - ONLY OPEN 11AM-1PM

8/9 Doctor's Report 1PM
Intro to our office and corrective chiropractic care.

8/18 Gentle Yoga 6:00PM
Creating balance in the body through developing both strength and flexibility.

8/23 Doctor's Report 5:00PM
Intro to our office and corrective chiropractic care.

***Please sign up in advance with the front desk for all classes.

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Operation Camp HOOAH!

FREE Chiropractic Adjustments for all returning U.S. troops that have been deployed for Operations Enduring Freedom and Iraqi Freedom (OEF/OIF) in Afghanistan and Iraq.