

This edition of

CHIROPRACTIC & YOU!

is presented with our compliments.

in this edition we focus on . . .

KIDS NEED CHIROPRACTORS TOO!

Within this edition of our office newsletter we'll be telling you about how children can benefit from taking a "prevention" approach to potential health problems as well as how chiropractic treatment can benefit youngsters as well as adults. And, when we talk about children, we feel that the importance of good posture is an ideal place to start. Good posture plays a vital role in children's health and development. Good posture insures good balance. Good posture insures an even distribution of the heavy loads a spine must endure. An even distribution of this weight will minimize the strain exerted upon the intervertebral discs and upon the vertebral bodies as well. Poor posture in children can develop in many ways. Imitating parents whose posture is not up to par and laziness are but two reasons. A third is based upon the misconception that training a child to stand with his or her chest out and stomach in is the only way to develop good posture, when good posture is a combination of that plus the correct positioning to the lower back and pelvis and the positioning of the neck and head as well. Teenage boys who feel self-conscious when they suddenly grow to new heights tend to slouch in order to appear less conspicuous. Young girls whose breasts are starting to form sometimes tend to hunch their shoulders and round their backs in an attempt to hide embarrassment over their emerging womanhood. The results of poor posture in childhood and adolescence can be found in the adults who visit our offices for relief from spine-related problems. There is no substitute for good posture, and good posture habits start at a

very early age. When considering all the pain, stress, fatigue and tension that emanates from poor posture, we must warn all parents that the

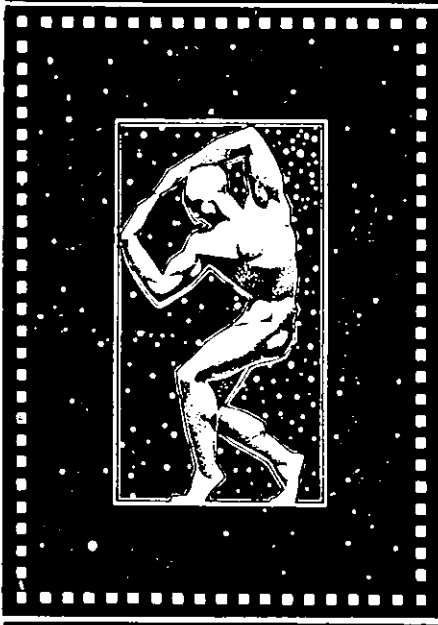


amount of effort you invest in making sure that your child stands straight and tall is as important as any investment you will make in your child's healthy future. Please feel free to discuss this most vital aspect the next time you visit our offices.

LOWER BACK PAIN . . .

MR. MEAN JEANS AND MORE

The coccyx, located at the lowest part of your spinal column can be one source of lower back pain. Depending upon the individual, the coccyx is about two inches long and comprised of three or four bones which are fused together. It is attached to the lower point of the sacrum with a joint which is slightly flexible. A recent Mayo Clinic newsletter reported that many people, especially teens, who suffer from coccygodynia (pain in the "tail-bone") suffer as a result of wearing tight denim jeans with heavily reinforced seams. Whether you suffer coccygodynia or any other form of lower back pain as the result of a bad fall, birthing, tight jeans or the scores of other "life events," remember that we can help alleviate the condition known as "lower back pain." ■

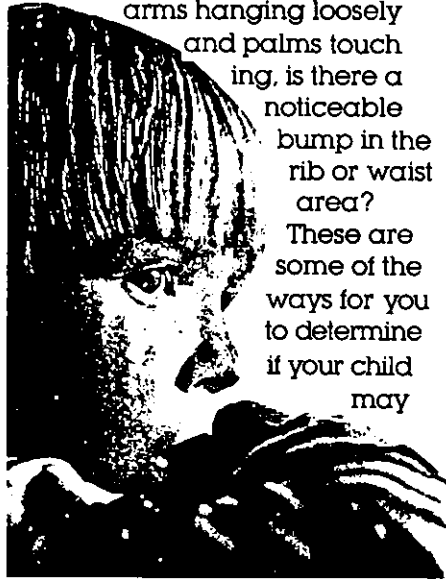


NOT FOR ADULTS ONLY . . .

SCOLIOSIS

When your child stands straight, does one hip seem higher or more prominent? Is one shoulder or shoulder blade higher or more prominent than the other? Is there

a greater distance between the arm and the body on one side? Does the child lean to one side? With the child bending forward, arms hanging loosely and palms touching, is there a noticeable bump in the rib or waist area? These are some of the ways for you to determine if your child may



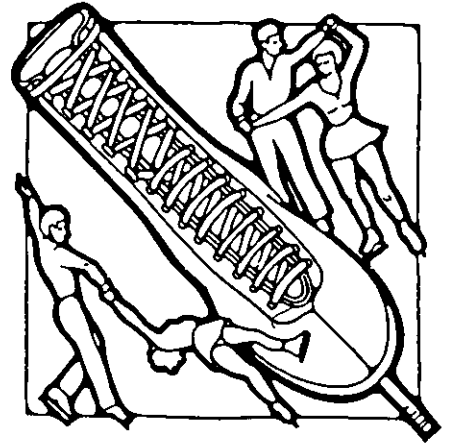
be one of every ten youngsters with lateral curvature of the spine called adolescent idiopathic scoliosis. It can progress quickly during the teen years and lead to pain and deformity and even heart disorders. In most schools scoliosis or posture checks are being performed by the school nurse or gym teachers . . . Hardly the best trained personnel to trust a child's spine with. Why not give us a call and have your children examined for this not-so-uncommon situation. ■

WHEN LOOSE SHOES . . .

BRING THE BLUES

It's understandable when parents tend to buy infrequently-used footwear such as roller skates, ice skates and cleated shoes a size or two larger than is currently necessary so that they can be used longer, feeling that larger socks will compensate. However, this can cause serious problems for your children's feet as well as affect their posture and spinal alignment as well. When a foot moves within a shoe, it can cause the "floating foot syndrome" wherein the toes contract when they are forced into the front of

the shoe. This leaves the arch with inadequate support and the muscles fatigued. Parents should always watch for the tell-tale signs of improper footwear such as checking how the child walks and for redness, irritations or calluses on the feet. It's also important to examine the soles of your children's shoes for excessive wear on one side or another. If so, your child may have an imbalance which should be checked out and, perhaps, treated. ■



MORE T.V. . . .

FAT CHANCE!

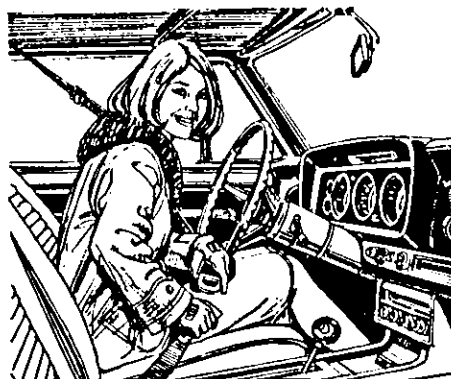
The average 6-11 year old child watches about 24 hours of T.V. per week. The problem is that the more they watch in their younger years, the more likely they are to become overweight in their teens. It seems that the time spent viewing television increases between-meal snacking while taking time away from the exercising which is crucial to a child's growth and development. The incidence of obesity increases by 2 percent for every hour of T.V. viewed by 12 to 17 year-olds. Twenty percent



of teens who watch more than five hours of T.V. a day are obese while only 10 percent of teens who watch for an hour have a weight problem. ■

ON CHILD RESTRAINTS & WHIPLASH

About 15 percent of serious traffic injuries to children under the age of fourteen occur without a crash. Often the child simply crawls out the window of a moving car. In other cases, the car suddenly stopped, swerved, accelerated, or turned. Nearly half of non-crash injuries come about as a result of the child's being thrown out of the car. The rest result from a collision against something inside the car. Children need to be protected by a restraint system, especially in the age group under four. We adults need "auto-prevention" as well, and since



seatbelts can't do the whole job, whiplash can result. During an accident, much of the body's motion occurs in the spine. Your neck vertebrae can easily fall out of alignment from such a rapid force. This much force can propel the neck violently forward and then backward. Don't forget that the result of such a tremendous impact, if left untreated, can be more than just whiplash and lower back injuries. We in chiropractic have a long history of success in dealing with a whiplash injury and its long-term ramifications.

STEMMING THE STRAINS . . . OF GROWING PAINS

It seems that every September, when it's time to go back to

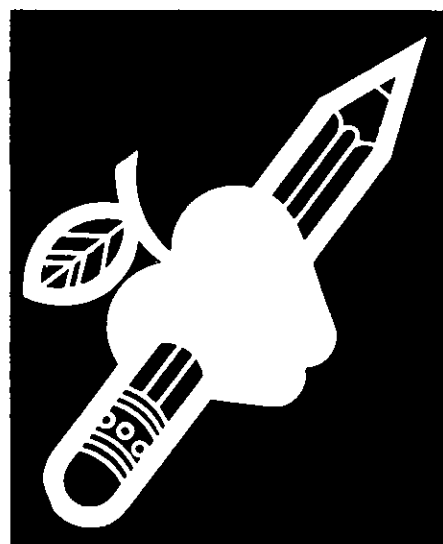
school, we really notice how much our children have grown in the past year. If your child has ever complained of aches in the soft tissues of his or her shin, calf or thigh, usually in both legs, you would most likely attribute the problem to the condition commonly referred to as "growing pains." In fact, about a fifth of otherwise healthy children and young teenagers usually develop these symptoms. The cause is unknown, but what is recognized is that these attacks can last several minutes to half an hour, almost always occur at night and usually awaken the child. They can take place over a period of months or years, usually at the time of rapid growth. At times, the cause of these aches can be more serious in origin. A congenital bone abnormality, infection, stress fracture or inflammation of the muscles or tendons can be at fault. This is why we would suggest stopping by for a simple examination if your child is suffering from these symptoms.

"Growing pains" may come in many shapes and sizes. If your child experiences "growing" pains which result in his or her complaining regularly, these pains are not "normal." Continued pain or discomfort should be a warning sign, and an appointment to visit our offices can result, if nothing more, in putting your mind at ease!



THE NATURAL ALTERNATIVE

Today's Chiropractor stands hand-in-hand with other members of the healthcare community. The only difference is that Chiropractic believes in treatment without medication whenever and wherever possible. There



are those, however, who claim that Chiropractic is a "second class citizen" in the field of healthcare. This is simply not true! Chiropractic is not only recognized as a health service under Medicare, but Congress has authorized payments for Chiropractic care under Medicaid. Workmen's Compensation Programs provide for Chiropractic coverage under the law. The U.S. Department of Immigration allows student status to aliens who are enrolled in a Chiropractic college, while the GI Bill will pay for Chiropractic education. As Chiropractors, we are accepted as expert witnesses in court cases where our experience and expertise are applicable. Chiropractic practices are recognized in every state in the union. In fact, practically all of us know of instances where M.D.'s have referred patients to a Chiropractor. Second class citizen? Hardly. Chiropractic answers today's healthcare needs effectively, economically and, most of all, naturally.