

# Today's Chiropractic Weekly Handout

Issue 46, 2012

## Chiropractic Care For Scoliosis



### Definition

A lateral (to the side) curvature of the spine. Scoliosis affects boys and girls between the ages of 8 and 18. It is more common with girls.

Scoliosis can be diagnosed and treated by your chiropractor.

### Signs and Symptoms of Scoliosis:

- Backache
- Fatigue
- Head being off center
- Head tilt
- Hips appearing uneven
- Leg pain
- Low back pain
- Shoulders uneven (a high shoulder)
- Spine curving abnormally to the side (laterally)
- Stooped posture

### Causes of Scoliosis

There are several causes of scoliosis, the two most common are congenital and habitual. Congenital scoliosis occurs when someone is born with a lateral curvature of the spine.

Habitual causes are environmental or situational depending on the habits of the individual. Carrying backpacks improperly can contribute to a spinal distortion. Poor sitting habits and practicing poor posture can also affect spinal development in children.

### Treatment

Chiropractors treat scoliosis by working to correct the unnatural curve in the spine and relieving symptoms and complications associated with scoliosis.

Early detection makes treatment easier!!

## February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Groundhog Day	2 Fun Friday!!	3
4	5	6	7	8	9	10
11	12	13	14 Valentine's Day	15	16 Fun Friday!!	17
18	19	20	21 Mardi Gras!!	22	23	24 Fun Friday!!
25	26	27	28	29	30	

## Exercise Of The Week

### Quadruped Spinal Twist w/ Foam Roll



#### STARTING POSITION

Begin by positioning yourself in the quadruped position with hips aligned over knees, and shoulders aligned over hands. Place foam roll by one of the outside arms then reach across with opposite arm, placing hand upon foam roll.

#### MOVEMENT

Slowly roll arm on foam roll underneath body, lowering shoulder towards ground. Hold for 20-30 seconds. Repeat for recommended repetitions and sets.

## Today's Chiropractic Clinic

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### Office Hours:

Mon/Wed/Fri: 8:30am-12pm & 2:30pm-6:30pm

Tues: 8:30am-12pm & 2:30pm-5pm