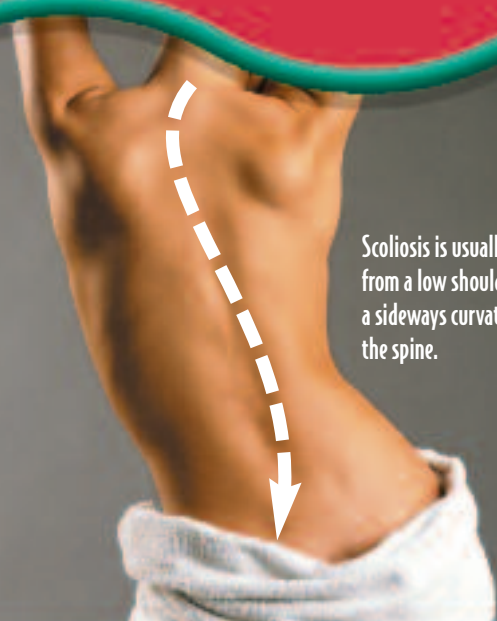


# What is scoliosis?

Scoliosis is a sideways curving of the spine that often gets started in childhood, when the bones of the spine are still growing. In many cases, the exact cause of scoliosis is unknown.

Scoliosis is detected by uneven shoulder heights, a loss of structural balance, or a change in posture.



Scoliosis is usually detected from a low shoulder, revealing a sideways curvature of the spine.

## THE CHIROPRACTIC LIFESTYLE

Chiropractors are experts in the care of the bones, nerves, muscles and connective tissues that make up about 60% of your body. All of the joints in your body are part of this musculo-skeletal system and its optimal function is necessary for overall good health. Ask your Doctor of Chiropractic for more information about a care program that may include specific spinal adjustments, exercise recommendations, nutritional advice or other conservative methods of care based on your health history, age, current condition and lifestyle.

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# Scoliosis

## AND THE CHIROPRACTIC LIFESTYLE



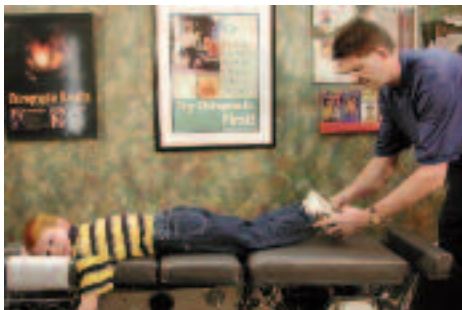
# Scoliosis is more often seen in girls.

It is thought that scoliosis is the result of a hereditary problem or an adaptation to some type of trauma, such as the birth process, or an injury, such as falling off a bicycle. It usually starts with problems in the lower back.

Because spinal bones continue to grow well into the early 20s, if left uncorrected, scoliosis often worsens.



Regular chiropractic examinations can reveal small problems before they become serious.



If detected early enough, chiropractic doctors have had excellent success with scoliosis cases.

The symptoms associated with scoliosis are often dismissed as "growing pains," delaying appropriate care.

Unfortunately, the most common treatment approach has been to wait and see how bad it gets, resorting to unsightly braces, or eventually surgery, if it progresses too far.

The chiropractic approach is to use specific spinal adjustments, often combined with corrective exercises. If detected early enough, chiropractic doctors have had excellent success with scoliosis cases.

Early detection and chiropractic correction is important for optimum results. Do you know someone who could benefit from a chiropractic examination?

