

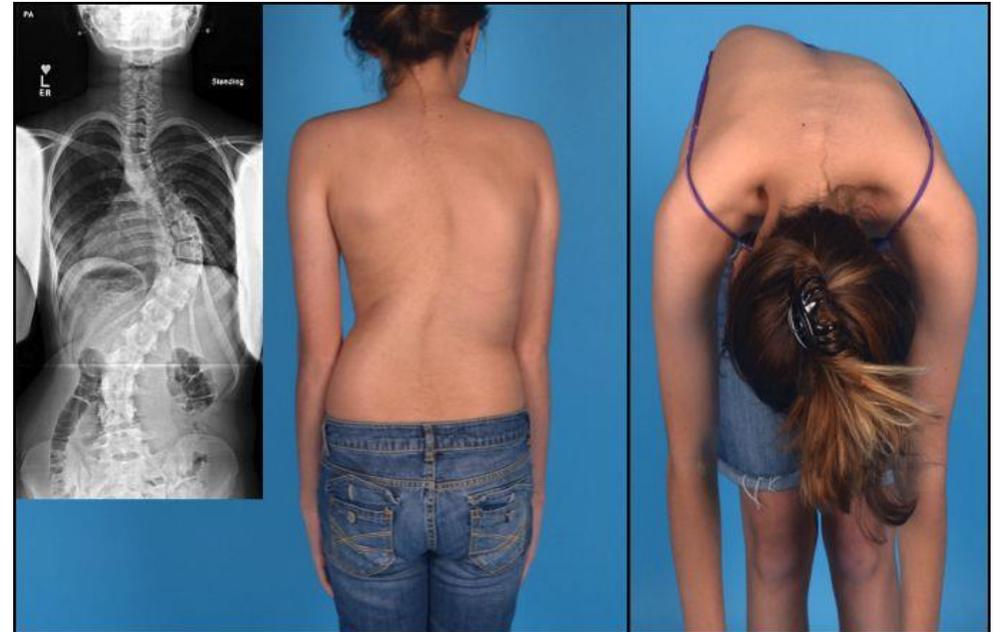
Scoliosis and Chiropractic

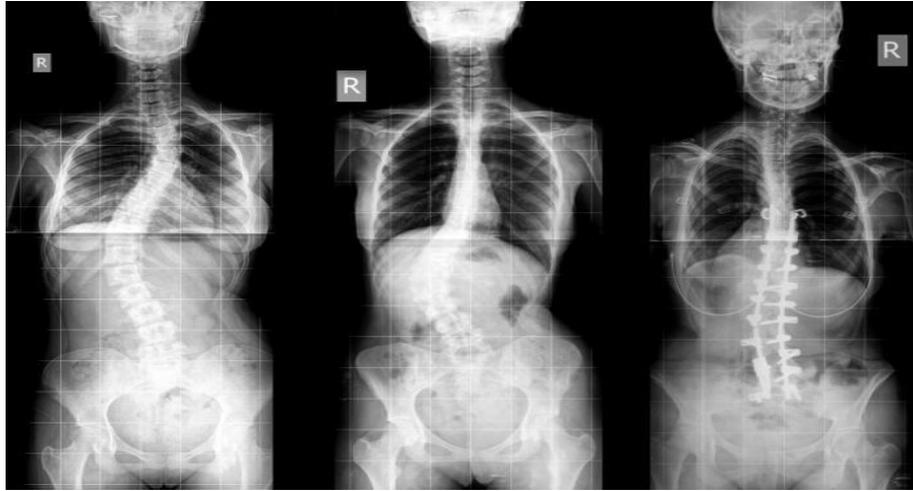
What is scoliosis?

Scoliosis is an abnormal curvature of the spine. A scoliosis typically appears as an 'S' shaped curve when viewed from behind, but may also include some degree of rotation or twisting as well. Curves can range from mild to severe, and can occur in any region of the spine. Most curves can go undetected and only become apparent later in life.

What causes scoliosis?

There are several causes of scoliosis. Some are due to muscle imbalance, or perhaps a short leg, some are inherited from one or both parents. However, in the majority of cases there is simply no known cause of a scoliotic curve. What is known is that girls develop spinal curves more than boys do.





What treatment is available?

Most curves are manageable with a combination of exercise and chiropractic spinal adjustments. The chiropractic approach is to assess the spine and analyse areas of spinal misalignments that may be contributing to the development of a curve. A combination of specific corrective adjustments to the spine and an appropriate exercise program may stop the progression of the curve and may result in improvement in some patients.



How do I know if I or my child has scoliosis?

Have your chiropractor check. There is no substitute for professional experience. Scoliosis checks are no longer performed in most schools, and many children can be left to develop curves unchecked. Some tell-tale signs that further investigation is required include uneven wear on the shoes, one shoulder being higher, or clothing not fitting evenly. If you notice any of these signs, contact your chiropractor for professional assessment.

What happens if I do nothing about it?

If left unchecked, scoliosis can lead to premature degeneration of the spinal bones and joints, as well as an increased level of nerve irritation and more susceptibility to spinal injury. Scoliosis can lead to a loss of height over a person's lifetime, and contribute to posture changes.

Detecting a Scoliosis

Quick Tips:

- Are the shoulders even?
- Do the shoes wear evenly?
- Do clothes fit evenly?
- Does one shoulder blade flare out?
- Do the ribs on one side bulge when the person is bending over?
- Do the arms hang an equal distance from the body?



Call us today on **9185 2071**

Reference: My Spine? My Chiropractor Newsletter February 2002