



## How to Best "PREPARE" for Back-to-School? A SPINAL EXAM!

Soon it will be back to the books and settling into the new school year!

Between childhood falls, heavy backpacks, sports injuries, poor posture, and just plain ol' genetics...**your kids need Chiropractic care for the same reasons you do.**

Kids can have strains, sprains, spasms, aches and pains just like grownups. Don't leave them with the very conditions that you can't live with. **Let us help with safe, gentle and effective care.**

### Proven Safe & Effective!

Research undertaken by the *International Chiropractic Pediatric Association (ICPA)* on the safety and effectiveness of Chiropractic care was published in *Explore: The Journal of Science and Healing*.

The study was divided into Chiropractic responders and parent responders. "Chiropractic responses" were based upon 577 pediatric patients and 5,438 Chiropractic adjustments. "Parent responses" were based upon the care of 239 children, totaling 1,735 adjustments.

No "treatment-associated" complications were reported by either participating Chiropractors or the parents of the children being evaluated.

**Both sets of responders indicated a high rate of improvement from their initial complaint,** in addition to benefits unrelated to the reason they came in for treatment.

### Numbers Don't Lie!

The most common improvements noted in this study on thousands of adjustments were **decreased pain, improved mood, and increased immune function.**

Improvements unrelated to the patient's initial complaints included **improved sleep and improved emotional state or mood!**

### NO drugs! NO surgery!

Because you want the best for your kids, **now is a great time to schedule their back-so-school spinal exams.**

**International Chiropractic Pediatric Association (ICPA) Survey Results**  
*(Initial complaints from patients under age 18 with the average age 7.45 years)*

- 26% - Musculoskeletal Conditions
- 7% - Digestion/Elimination Problems
- 6% - Ear/Nose/Throat Problems
- 6% - Neurological Problems
- 5% - Immune Dysfunction
- 4% - Other



# With Chiropractic Care, Your Kids are in "Good Hands"!

Children are not "little adults"! That's why our pediatric musculoskeletal exams are **tailored to the age, development, and unique needs of your child.**

As your Doctor of Chiropractic, we are highly trained in musculoskeletal assessment and spinal care for patients of all ages.

Don't wait for a medical emergency, when **routine Chiropractic spinal exams and adjustments can help keep your kids pain-free and feeling their best every day, naturally.**

It's worth noting that the *Journal of Orthopedic Trauma* warned that there is a lack of proficiency in musculoskeletal medicine among emergency room doctors!

### Don't Just Take Our Word for It!

Another compelling article appeared in the medical journal, *Rheumatology*:

"It is imperative...that all clinicians caring for children and adolescents are competent in musculoskeletal assessment...to optimize functional outcome...a recent U.S. study showed that pediatric trainees were not skilled in basic musculoskeletal assessment."

Medicine plays a vital and life-saving role within the health care system. However, we can help to enhance your child's well-being as it relates to their musculoskeletal system!

### They Can Have the Same Pain You Have!

Some musculoskeletal conditions are inherited. Bottom line: If you have it—your kids may have it, too!

Chances are, if you don't address your children's musculoskeletal issues now, they can create lifelong problems.

As an example, a 25-year prospective study found that 14-year-olds with low-back pain were more likely to have back problems as an adult! ❖

**Give your family the  
gift of health.  
CALL NOW!**

Your  
**Family, Friends  
& Co-Workers  
NEED TO KNOW!**

**Let us help your family, friends, and their children experience the same natural health benefits you've received from us.**

*Please have them give us a call today!*



# DON'T Settle for "School-Based" Scoliosis Screenings!

Hippocrates defined scoliosis as "an abnormal curvature of the spine." Today, it's defined as a sideways bending of the spine greater than 10 degrees, accompanied by a rotation of the spine. *Kyphosis*, or "humpback" is a form of scoliosis.

Chiropractic care *can often stop* abnormal spinal curvatures from worsening, and *may even reduce* an abnormal curvature already in progress.

**Left untreated, advanced scoliosis can lead to life-altering psychological problems.** Severe cases can also lead to physical health problems linked to crowding of vital organs.

### Let's Get an Early Start!

The Scoliosis Care Foundation warns that **without Chiropractic spinal exams, literally millions of children are left without adequate screening!** They have expressed concern that the current watch-and-wait approach is harmful to the future well-being of our children.

*The Congress of the Chiropractic State Associations (COCSA)* supports the Foundation's efforts, stating that scoliosis curves are being missed by school systems that rely on a single test.

### The Problem with School Screenings...

Abnormal curvatures are typically detected in school screenings when they're greater than 20 degrees. That's the amount of curvature that causes the "rib-hump" to show. This approach to scoliosis is to react to symptoms of curve progression, not to prevent potential progression.

**Our goal is to detect abnormal curves as early as possible with comprehensive spinal screenings.** This allows us to begin treatment sooner, rather than waiting until the condition worsens.

*The American Academy of Orthopedic Surgeons (AAOS)* states that by the time the curvature is greater than 20 degrees at 10 to 12 years of age, there is a 68% chance it will progress.

Although scoliosis progression is slow after pubertal growth, abnormal curvature progression into adulthood is common. ❖

**Schedule spinal screenings  
for your family  
TODAY!**

## "My Chiropractor Helps Keep Me Walking!"

by Brenda Holder

I have had chronic back pain for years, caused by six different automobile accidents. I have had multiple spinal surgeries.

After the last surgery, I was told that any other surgeries would probably leave me paralyzed and that, due to my issues, I would be unable to walk at all within the next five years.

I have been going to various Chiropractors for years, with varying results, but decided to try a new office recommended to me. My new Chiropractor is amazing.



**I felt a difference with the first adjustment and within a month, I was feeling more mobile with less pain.** I drive an extra 10 miles just to see my Chiropractor.

**Their adjustments keep me moving easier and I am able to go longer periods of time** without the epidural shots. Now, years later, I am *still* able to walk.

The staff is friendly and professional and I don't know what I'd do without them. ❖