

# July Newsletter, 2019

## SCOLIOSIS

So, what is scoliosis? Well it tends to run in families and is more common in females than males. It usually first appears in late childhood, or the early teen years. And while there are many different causes for scoliosis, including polio, there is no known cause in the vast majority of cases. Doctors call this “idiopathic\*” scoliosis. Over NINETY percent of the curves in scoliosis curve to the right.

Scoliosis can often be slowed by wearing a brace, but if the angle of the spinal curvature goes beyond 40 degrees in childhood, it will become even more pronounced in adulthood.

Since the spine and rib cage are connected, a severe scoliosis affects the position of the ribs and can affect surrounding organs as well. Severe scoliosis not only hurts the individual’s appearance, but it can also compromise the health and ability to function. Health risks from this intense spine curvature include neurological problems from pressure on the nerves, arthritis, and even lung and heart problems. With a curve in the lower spine can make participation in sports, or any athletic activity, difficult.

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*\*Idiopathic:  
Relating to or denoting any disease or condition which arises spontaneously or for which the cause is unknown.*

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If the curve remains under forty degrees, it probably won’t get worse in adulthood, and be monitored by x-rays and checkups. Your Doctor of Chiropractic can examine your spine yearly. They will be able to adjust your spine to increase movement and proper bio-mechanical function. Your chiropractor will also give you advise on exercise and posture to prevent further increase, and if needed they can refer you for bracing.



### THE SYMPTOMS:

- SPINE CURVING ABNORMALLY TO THE SIDE
- SHOULDERS AND HIPS APPEARING UNEVEN
- A COMPENSATORY CURVE
- BACKACHE OR LOW BACK PAIN
- FATIGUE
- SHORTNESS OF BREATH
- DECREASED MUSCLE STRENGTH, INDEPENDENT OF EXERCISE IN THE BACK

CHIROPRACTIC:  
 MONDAY – THURSDAY  
 8:00 AM – 12:00 PM  
 2:00 PM – 5:00 PM  
 FRIDAY  
 8:00 – 10:00  
 MASSAGE THERAPY:  
 MONDAY – THURSDAY  
 8:00 AM – 6:30 PM  
 FRIDAY  
 8:00 AM – 5:00 PM

WE ARE ALSO OPENED TWO SATURDAYS A MONTH