

# SCOLIOSIS

## Home test for early detection.

Answer "yes" or "no" to the following questions:

1. Does one shoulder blade stand out more than the other?
2. When standing straight, does one hip protrude or seem higher?
3. Does the child seem to have a "swayback" or shoulders rounded too much?
4. When the arms are hanging loosely, does one hang farther out than the other?
5. Do you see a difference in the level of each shoulder?
6. Is there a definite leaning toward one side more than the other?
7. Is there a strong "crease" at one side of the waist?

In a position where the child has bent forward with arms hanging loosely and palms together at about knee level:

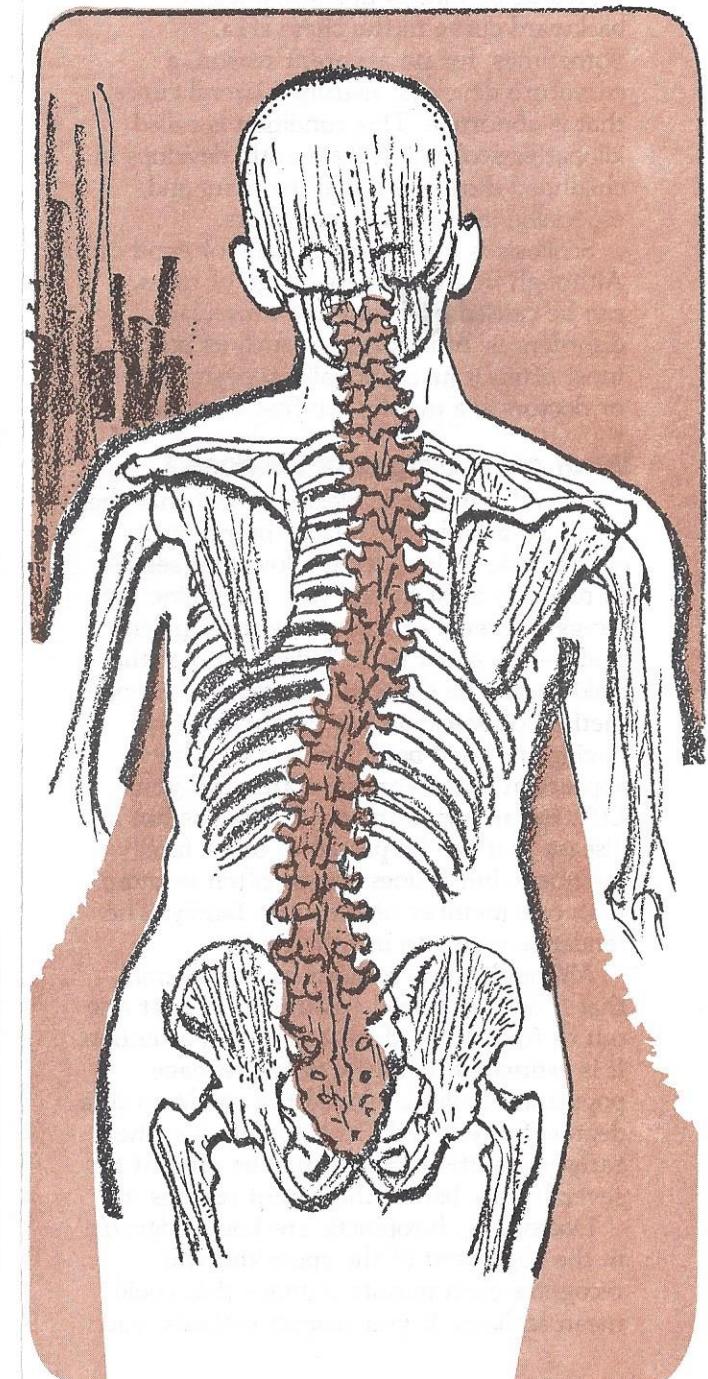
8. Do you notice any hump near the waist?
9. Is there any kind of hump in the rib area?

A "yes" answer to any of these questions means that you should consult your doctor of chiropractic without delay. Also, if any close relative of the child has had scoliosis, a chiropractic checkup should be performed --- even if there is no present evidence of scoliosis. Delay can make things much worse. If you are not a chiropractic case, the doctor will refer you elsewhere. Remember, early detection is essential to treatment and correction. Give your child good chiropractic care. **See your chiropractor without delay!**

Give this pamphlet to a friend  
who's child shows signs  
of spinal curvature.

Complements of:

**Dr. Cam Stewart**  
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## Scoliosis: spinal curvature.

A normal spine has a natural gentle curve forward in the area of the waist and as the vertebrae continues upward, a slight backward curve in the chest area. Sometimes, for no apparent reason, a curvature develops, usually a lateral curve, that is abnormal. This condition is called idiopathic scoliosis. It frequently develops in childhood during the first 10 years and, especially, in the early teen years.

Scoliosis is not caused by lack of good care. Although in a small percentage of cases, it can be caused by nerve and muscular disorders or other diseases such as polio, most often it just gradually appears. Parents or doctors are usually the first to notice.

### What are the signs of scoliosis?

Several signs could alert a parent that there might be a problem. A large bump on a child's back, a shoulder too low that seems to result in a list to one side, a hemline that hangs unevenly or a prominent shoulder blade --- all could be an indication that the child should be checked for scoliosis. A good method of detection can be obtained by having the child bend forward. If a hump appears in the rib or waist area, call your D.C. for an appointment. Scoliosis is not a disease that can be passed to other family members, but it does appear often in more than one member of the same family. The tendency seems to be inherited.

Although some scoliosis can be so mild that it does not need treatment, at least one out of four do need treatment and attention. It is estimated that 10% of the teenage population have developed the condition to a degree. Since it is difficult to detect in the early years, the problem may be present for several years before the parent realizes it.

Doctors of chiropractic are knowledgeable in the alignment of the spine and will recognize even minute changes that could mean scoliosis. If you suspect scoliosis, you

should take your child to a chiropractor for a spinal checkup.



### How does scoliosis develop?

Your spine has an equal number of ligaments and muscles that are attached to each side. Normally they operate with an equal balanced movement when the muscles relax or contract. As long as the balance remains, everything is normal, but if something causes an unequal pull then a problem begins to develop. The muscles on one side --- the weaker side --- will become even weaker and the strong muscles on the other side will pull the spine into a curvature. With this curvature --- or scoliosis --- the person will not be able to sit, stand or walk straight. The first signs might just cause a little discomfort and bad posture, but they can develop into an obvious abnormality such as a twisted neck, a protruding hip, a drooped shoulder or

one leg shorter than the other. Such strongly abnormal conditions can begin with only a slight spinal misalignment. The misalignment pinches the nerves controlling the nerve energy on one side of the spine and curvature begins.

### Are there other types of scoliosis?

Two types of scoliosis that appear are variations of the most common lateral curve. One is called swayback or Lordosis; the lower spine curves forward, creating an exaggerated curve backward at the shoulders. The other is called humpback or Kyphosis which causes a large pronounced hump at the shoulder blades. Although scoliosis may not be noticeable at first, prompt diagnosis and treatment should follow the first signs of the disorder. It can develop rapidly through the teenage years. For early detection and care it is essential that a child be checked regularly by a doctor of chiropractic, who is a specialist in the field of the spine.

### Can scoliosis be cured?

Scoliosis cannot be prevented, but it can be detected early. Treatment is mechanical and the earlier it is detected, the easier it is to correct and prevent an increase in the curve. Later detection or delay could mean that treatment would be major instead of minor. Obviously, it should be treated by a specialist and the chiropractor is scientifically trained to detect and correct problems of the spine. Doctors of chiropractic give complete spinal examinations and are well-qualified to detect any misalignments or abnormalities. Their years of college and training also give them skilled hands in making gentle spinal adjustments. This restores vertebrae to the normal positions and allows nature to begin restoration and healing. Each patient is different and each spinal column requires individual treatment. Chiropractors are well qualified to give this treatment.