



Scoliosis

SYMPTOMS:

- ◆ **THE SPINE CURVING ABNORMALLY TO THE SIDE (LATERALLY)**
- ◆ **SHOULDERS AND/OR HIPS APPEARING UNEVEN**
 - ◆ **BACKACHE**
 - ◆ **LOW BACK PAIN**
 - ◆ **FATIGUE**
- ◆ **STOOPED POSTURE**

Definition

A lateral curvature of the spine. Scoliosis affects boys and girls between the ages of 8 and 18. It is more common with girls. There are several causes of scoliosis, the two most common are congenital and habitual. Congenital scoliosis occurs when someone is born with a lateral curvature of the spine. Habitual causes are environmental or situational depending on the habits of the individual. Carrying backpacks improperly can contribute to a spinal distortion. Poor sitting habits and practicing poor posture can also affect spinal development in children. Signs of scoliosis are a high hip (uneven hips), a high shoulder, the head being off center, head tilt, back and leg pain.

TREATMENT

Chiropractic care works on correcting scoliosis and relieving symptoms and complications associated with scoliosis. To see if chiropractic may be able to help you call (319) 447-1320 today for a complimentary consultation with Nathan Broghammer D.C..

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