



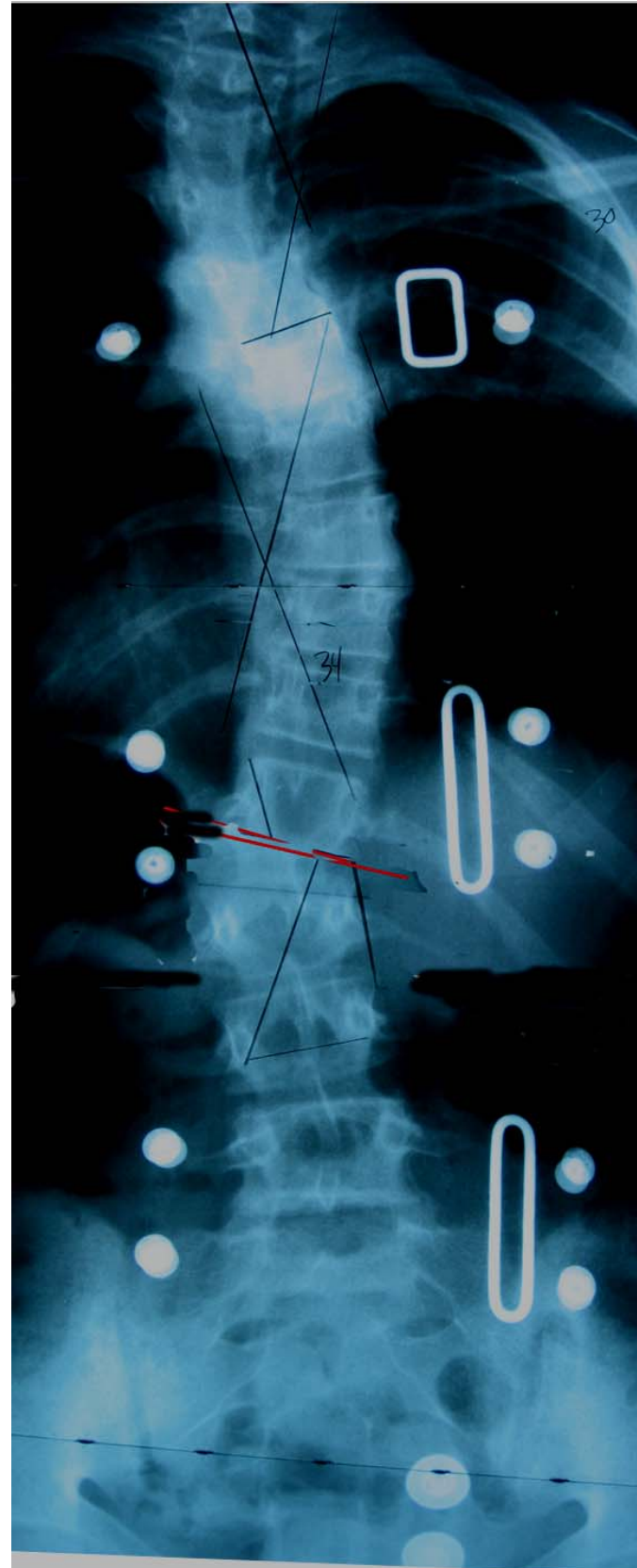
As the twig is bent, so grows the tree!!!

So many of my patients ask me “ how did I get this way?” Sometimes the answer is obvious. They were hurt in an auto accident, or playing sports or they lifted something too heavy. More often than not, however, no major incident can be identified that could explain their current symptoms. **So how did they get this way?** Very often the cause of their current adult problems can be traced to spinal neglect in their childhood. Think about how many times you fell, were pushed, bumped or banged while you were growing up. How many sports or other injuries have you had since you were a kid. So the truth of the matter is that most adult spinal problems have their original in childhood. I recently was speaking with an old time chiropractic physician named Wallace King. Dr. King has been in active practice for more than 50 years. He has pioneered many of the techniques we use on our patients to help to correct their spines. When I asked him how he thought spines get twisted and misaligned, he smiled and told me “as the twig is bent, so grows the tree” Meaning that minor misalignments in a growing spine can and will cause major problems as the spine grows. Do you see any similarities between the tree in the picture above and the radiographs of one of our teenage patients to the right?

Recent research published in the journal *Scoliosis* confirms what Dr. King found in his 50 years of practice. Namely, that all spinal curves start with minor misalignments and postural imbalances. **1** These misalignments cause imbalances in the spine and these imbalances progress over time leading to actual structural deformity. **1 Here is the exact quote....**

“Spinal curvatures can routinely be diagnosed in the early stages, before pathological deformity of the vertebral elements is induced in response to asymmetric loading. Current clinical approaches involve ‘watching and waiting’ while mild reversible spinal curvatures develop into spinal deformities with potential to cause symptoms throughout life.” 1

Recent research also shows that chiropractic care can be highly effective in treating children. With few, if any, side effects. **2**



Do you think everyday things like book bags and how your child sits doesn't matter? Well take a look what happens when you place a book bag in different positions on a teenager.



The pictures above are from a young girl in our office. Her orthopedist discovered a scoliosis (curvature) in her spine. It was severe enough that if it progresses, she could require surgery. She is carrying her actual book bag from school. Note how her curvature is made worse with her book bag on her left shoulder (image 1). Moving the book bag to the front left shoulder is no help (image 2). Carrying the book bag on the front right shoulder is somewhat better (image 3). Note with the book bag on the right rear shoulder the spine is in the best possible alignment (image 4). How you child carries his/her book bag could mean the difference between surgery and avoiding surgery. Use of Kukurin Chiropractic Kid Check® program to find out. **Call today 412-381-4453**



The young girl above is another patient at our office. She has severe spinal curvature. The picture to the left is her structure before a treatment at our office. The picture to the right is after about 20 minutes of treatment. It is much better to identify and correct problems before they are this advanced. I urge you to use our Kukurin Chiropractic Kid Check® Program.

References

1. The transformation of spinal curvature into spinal deformity: pathological processes and implications for treatment. *Scoliosis*. 2006 Mar 31;1(1):3.
2. Evaluation of chiropractic management of pediatric patients with low back pain: a prospective cohort study. *JMPT*. 2003 Jan;26(1):1-8.

Kukurin Chiropractic Kid Check®:

Bring your child in with you on your next visit. We'll examine him/her, take digital pictures and make sure your child's spine is straight and strong. **Do it before spinal curves progress!**

***Kukurin Chiropractic Center~ South Side
2415 Sarah Street
Pgh, PA 15203
412-381-4453
www.alt-compmed.com***