

How Do You Know Your Children Need Chiropractic Care?

Unless a child has an obvious problem, it can be difficult for parents to recognize when a child has spinal subluxations. It is not always easy for someone other than a chiropractor, highly trained in evaluating the spine, to determine if the child has a problem, just as it is difficult for someone other than a dentist to determine if a child has any cavities. Both cases take the skills of a trained specialist to perform a thorough evaluation.

There are some signs however which parents may look for which can be an indicator of a child with a spinal problem. Common indicators of spinal problems may include the child's head consistently being tilted to one side; restricted head or neck motion to one side; dis-

turbed sleeping patterns where the child sleeps for only an hour or two at a time; feeding difficulties in the very young infant; the infant may have difficulty nursing at the breast on one particular side.

Common childhood disorders can also sometimes indicate a spinal problem. Persistent earaches, sore throats, colic, headaches, bed-wetting, and growing pains are but some of the more common problems for which parents bring their children to the chiropractor.

Sick is never normal. At Spinal Logic we want to help you figure out why your children are getting sick and get them back on the path to good health!



Is Your Child's Backpack a Cause for Concern?

When Miles came home from Kindergarten, I was amazed at all the stuff he was carrying. As a chiropractor, I knew that his backpack shouldn't weight more than 15% of his total body weight, 6.75 pounds. But with the agenda book and the library books and the reader and spelling book and art projects, his backpack tipped the scale at a whopping 11.5 pounds. This may not seem like much weight to us, but over the course of one school year, it's an extra 855 pounds that his back isn't strong enough to carry.

Parents should be aware that there is a right way and a wrong way for your child to carry a



backpack. In addition to the 15% weight limit children should make sure to use both shoulder straps and the waist strap if available. The backpack should be close to your child's back, but loose enough to allow them to remove it easily.

What's wrong with the picture to the left?

Look at this girl's shoulders. Her right one is considerably higher to support the weight of her backpack. Over time this will cause the muscles and the bones of the spine to misalign putting extra pressure on the nervous system.