

# #322 Scoliosis Transcript

## Scoliosis Brochure

Header: Scoliosis  
Subhead: And the Chiropractic Lifestyle  
Photo: Teenage girl on the phone

Photo: Back of woman with superimposed drawing showing spinal curves  
Caption: Scoliosis is usually detected from a low shoulder, revealing a sideways curvature of the spine.

### WHAT IS SCOLIOSIS?

Scoliosis is a sideways curving of the spine that often gets started in childhood, when the bones of the spine are still growing. In many cases, the exact cause of scoliosis is unknown.

Scoliosis is detected by uneven shoulder heights, a loss of structural balance, or a change in posture.

### SCOLIOSIS IS MORE OFTEN SEEN IN GIRLS.

It is thought that scoliosis is the result of a hereditary problem or an adaptation to some type of trauma, such as the birth process, or an injury, such as falling off a bicycle. It usually starts with problems in the lower back.

Because spinal bones continue to grow well into the early 20s, if left uncorrected, scoliosis often worsens.

Unfortunately, the most common treatment approach has been to wait and see how bad it gets, resorting to unsightly braces, or eventually surgery, if it progresses too far.

The chiropractic approach is to use specific spinal adjustments, often combined with corrective exercises. If detected early enough, chiropractic doctors have had excellent success with scoliosis cases.

Early detection and chiropractic correction is important for optimum results. Do you know someone who could benefit from a chiropractic examination?

Photo: Young girl hanging upside down from monkey bars  
Caption: The symptoms associated with scoliosis are often dismissed as "growing pains," delaying appropriate care.

Photo: Before and after photos after scoliosis surgery  
Caption: Traditional approaches attempt to correct the problem by immobilizing the spine with braces.

Photo: Child being examined for low shoulder  
Caption: If detected early enough, chiropractic doctors have had excellent success with scoliosis cases.

### THE CHIROPRACTIC LIFESTYLE

A continuing schedule of regular chiropractic checkups can help detect, correct, and maintain optimum spinal and nervous system function. Find out how chiropractic care, combined with proper diet, exercise, and other aspects of good health and personal hygiene can enhance your well-being and help you enjoy life to the fullest. Ask your Doctor of Chiropractic for a care program designed for your age, condition, and lifestyle.

### References