

## Should I do spinal checks on my child? And why?

Have you ever heard the saying “As a twig bends, so grows the tree”? The saying comes from an old 17<sup>th</sup> Century English poet who knew that if a tree starts out with a bent trunk, it will grow crooked. The same goes for your child. That’s why it’s so important they get checked as early as possible.

So what causes an imbalance to the child’s spine? It can be from a variety of things such as the birth process, trips and falls, accidents, sports, or even genetics. Chiropractic care is just one way of not only finding out if a misalignment is there, but addressing the problem early on so it doesn’t become a bigger problem as the child ages. In our office, we often find imbalances to the spine that may have begun earlier in life.

A misaligned spine creates interference to the nervous system. The nervous system is what controls the function of the whole body as well as perceives what’s happening to and around the body. Think of it this way, what would we do if the hard drive of the computer didn’t “talk” to all the pieces of the computer? Your brain is like that hard drive and it communicates to the whole body. If the spine is imbalanced it may interfere with that communication and eventually cause symptoms. Although, the FIRST symptom is always – NOTHING.

Give your child the best start to a healthy future and get them checked early. How early? We recommend soon after birth.. but if you haven’t done that yet, go ahead and find a Family Wellness Chiropractor and make that appointment. You won’t regret it, because isn’t it easier to resolve little problems before they become bigger ones?

If you would like more information about locating a Family Wellness specialist or what a child’s exam consists of, please call 278-YOST (9678) or email at [info@YostFamilyChiropractic.com](mailto:info@YostFamilyChiropractic.com) .

And remember... *your best care is our number one concern.*

Submitted by Heather Yost, DC, DACCP

