

# Kids And Chiropractic

*Just as the twig is bent, the tree's inclined.*

*~ Alexander Pope*



As the child begins to participate in regular childhood activities like sports or riding a bike, small yet significant spinal misalignments (subluxations) may occur. If neglected, the injuries during this period of rapid growth may lead to more serious problems later in life. Subtle trauma throughout childhood will affect the future development of the spine leading to impaired nervous system function. Any interference to the vital nerve system will adversely affect the body's ability to function at its best.

One of the most common reasons parents seek care for their child is trauma from an injury of some sort. These misalignments may or may not result in immediate pain or symptoms. Regular chiropractic checkups can identify potential spinal injury from these traumas, make the correction early in life and help avoid many of the health complaints seen later in adults. Proper spinal hygiene is an important key to better health.