



# Scoliosis

## Definition

### **SYMPTOMS:**

- ◆ **THE SPINE CURVING ABNORMALLY TO THE SIDE (LATERALLY)**
- ◆ **SHOULDERS AND/OR HIPS APPEARING UNEVEN**
- ◆ **BACKACHE**
- ◆ **LOW BACK PAIN**
- ◆ **FATIGUE**
- ◆ **STOOPED POSTURE**

*A lateral curvature of the spine. Scoliosis affects boys and girls between the ages of 8 and 18. It is more common with girls. There are several causes of scoliosis, the two most common are congenital and habitual. Congenital scoliosis occurs when someone is born with a lateral curvature of the spine. Habitual causes are environmental or situational depending on the habits of the individual. Carrying backpacks improperly can contribute to a spinal distortion. Poor sitting habits and practicing poor posture can also affect spinal development in children. Signs of scoliosis are a high hip (uneven hips), a high shoulder, the head being off center, head tilt, back and leg pain.*

## TREATMENT

Chiropractic care works on correcting scoliosis and relieving symptoms and complications associated with scoliosis. To see if chiropractic may be able to help you call (301) 853-7467 today for a complimentary consultation.

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