

Keep Tabs on Your Child's Spinal Stress

We all know healthy teeth and gums are important. Good oral hygiene and regular dental checkups begin at a very early age. But how well do we look after our children's spinal health?

Many spinal problems begin in childhood and develop gradually. While your child is growing their spine is normally subjected to a variety of stresses: bumps, twists, falls and jolts. These seemingly harmless childhood incidents may subtly affect delicate spinal structures, causing misalignment and abnormal movement patterns. As your child's activity level increases, these subtle spinal problems can lead to injury.

With the beginning of another school year, children become involved in more strenuous and demanding activities, like sports and gym. Ensuring your child has a healthy, optimally-functioning spine together with good muscle balance is an important first step in preventing injury. It can also help the body perform at its best, enhancing efficiency, coordination, response speed, as well as strength and flexibility.

As part of your child's routine spinal check-up, your chiropractor will assess postural alignment and symmetry, structural normality, muscle balance as well as specific joint function. Subtle spinal problems are then able to be corrected while still in their early stages. Early detection and treatment of such problems may not only guard against short-term injury and prevent more difficult problems later in life, but may also improve athletic performance.

Regular dental check-ups are important for the oral health of your child. Similarly, chiropractic check-ups can help ensure that your child's spine is aligned and functioning normally, a key component of staying healthy.

So let's look after your children's spinal health! An ounce of prevention...

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