



Scoliosis

What health problems are associated with

Scoliosis? Dr Henry Windsor, M.D. published results in the Medical Times indicating that he found nearly a "100% correlation between minor curvatures of the spine and diseases of the internal organs." These included, "heart, lung, and stomach disease, liver pancreas, spleen kidney, prostate, bladder and uterine problems." Others have stated, "that deviations in normal spinal balance leads to childhood discomforts associated with the neck, shoulder, lower back and legs. This is especially prominent in youth sports."

There are also degenerative changes that have been shown to take place over time in uncorrected scoliosis. This produces spinal pain and restricted movements leading to nerve pressure on the spinal nerve roots causing a host of symptoms and health concerns.

What causes Scoliosis?

The latest research claims that "95% of all scoliosis can be identified through neurological tests indicating that the problem originated in the nervous system."

Trauma Dr. Robert Mawhiney stated in his research that, "85% of all scoliosis develop as a result of lateral trauma in childhood." He further states, "Many of these traumas go unnoticed, ignored or discounted" as normal harmless accidents, and to "shake it off". This is dangerous because if left untreated the spine heals incorrectly and can grow improperly"

Genetic Older scientific theories believe "scoliosis is hereditary, leaving children whose parents have scoliosis at a great predisposition to acquiring this disorder." However, a study published in 1992 suggested that the **cause of scoliosis** can be traced to **an injury to the part of the brain responsible for coordinating motor & sensory input**. This condition, referred to as **Kinetic Imbalance due to Suboccipital Strain**, or "**KISS**", is well-documented in scientific literature, and is generally found in newborns **due to birth trauma** such as Caesarean section, multiple births, prolonged labor, or the use of extraction devices. **This clearly makes more sense than a scoliosis gene.**

Micro-trauma that occurs in many physical activities can lead to the development of abnormal spinal curves. These are seen most commonly in dance and gymnastics, as well as one-sided sports such as tennis and golf. Micro-traumas in

contact sports disturb the normal spinal balance which can also lead to the development of scoliosis.

Backpacks and book bags are another cause for spinal misalignment, especially in children. Kids are carrying too much weight in their packs and worse most children use only one strap or sling it over a shoulder creating even more imbalance to the spinal column. This leads to an imbalance in the nervous system, setting the ground work for spinal dysfunction associated with disease.

What can be done to help Scoliosis?

The first and most important thing is to determine if scoliosis is present and catch it early. The school system seems to be the main screening device today, however, this can be a problem when non medical or untrained individuals are performing exams and many scoliosis go undetected as a result. Your child should be seen by a spinal specialist, such as a Chiropractor, for a complete evaluation. Early detection helps prevent problems and leads to easier correction.

Medical Approach Standard medical treatment includes exercise, electric stimulation, traction, orthopedic bracing and in severe cases, surgery (fusion or rod insertion). Dr. Robert Nash, M.D. cautions that **these treatments are only 25% successful**, with a gradually loss of correction after time.

Chiropractic Approach The chiropractic adjustment is a natural, non-invasive method of locating and correcting the dysfunction in the nervous system and spinal column. The chiropractic approach improves the neurological and structural balance that stops the progression of scoliosis. In a study by the ICPA in 1998, the average chiropractic success of correcting the scoliosis was up to 70% over a period of 4 years, with an improvement obtained in the first 90 days of treatment. This indicates both an immediate and long term solution to the problem. Chiropractic adjustments not only stabilize the spine but allow the nervous system to function normally preventing other organs from being affected.

(sko"le-o'sis) **an abnormal curvature of lateral (sideways) deviation in the normally straight vertical line of the spine"**

Dorland's Medical Dictionary



Normal vs. Scoliosis

Indicators for scoliosis?

- Uneven waist, shoulder or hips
- Head carried in front of shoulders
- Ribs appear higher or more prominent on one side
- Leaning to one side
- Hems of pants/skirts appear to be different lengths