

Children

As if the birthing process isn't traumatic enough, then learning to walk certainly is. How many times has your child fallen when learning to walk, ride a bike and/or play sports? All of the aforementioned can cause your child's spine to "subluxate" or mis-align. Vertebrae that are out of alignment cause irritation to the delicate nerves comprising the nervous system.

Spinal alignment is particularly important as a child grows. Many of the spinal problems found as an adult can be traced back to childhood injuries. This is why it is so important for children to be aligned as their spine grows and matures. Of particular concern today, for example, is the heavy backpacks that children carry, placing a tremendous amount of strain on the spine, leading to poor posture. Backpacks should not weigh more than ten percent of a child's total body weight. We recommend the [AirPack backpack](#). Just as children require regular dental check-ups to keep their teeth healthy, chiropractic check-ups for the spine are also of utmost importance.

