



**Children's Spinal Exams August 10th**

Reserve your time by calling 303.343.8800 or [email](#) us.

Learn about:

- Proper backpack use
- Children's exercises
- Children's nutrition

**Enter the his and hers children's backpack raffle!**

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Greetings!

As the month of August begins, vacations are wrapping up and parents are preparing their kids for school to resume. Back to school time is also a great time to take a close look at your children's wellness. The following article overviews the importance of paying attention to your children's spine. With a simple exam, we are able to recognize scoliosis and also strains from sports and other activities.

Enjoy the article and please stop in with any questions or concerns. [Together we can keep your children healthy and teach children skills to last a lifetime.](#)

Live Healthy!

Dr. Julie Marchiol, DC, FIAMA

Ascent Health Center 303.343.8800

PS: Be sure to bring your children in [August 10th](#) for "Back" On Track Day for their routine spinal exam. See our special at the bottom of the page.

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**2009 Healthcare Benefits**

We're pleased to examine your insurance benefits to see if they contribute to your care.

**QUICK LINKS**

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[www.AscentHealthCenter.com](http://www.AscentHealthCenter.com)

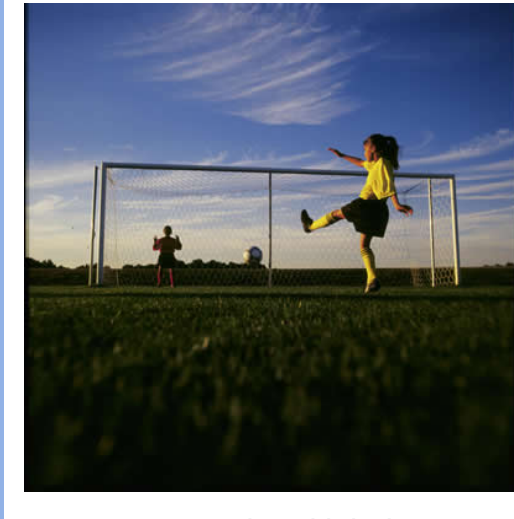
**Chiropractic for Kids**

Good health starts early. Ask Dr. Julie how Chiropractic plays an important role in kid's development.

**Get Your Kids "Back" On Track This School Year**

School is about to begin which means that families are gearing up for busy schedules, homework, after school activities and the hectic pace of our 21st century lifestyles. To insure that your child has a healthy and successful year, it will be important for them to have their back aligned and balanced and on track. Here is some information that will help you.

Every activity affects the spine. Contact sports, playing an instrument, sitting down and studying, and paying attention in class are all important for a successful school year and they all require a healthy spine and nerve system. We take for granted that when our child is sitting in class listening to a teacher that they listen through their ears, process the information in their brain, while a signal is sent down through their spine through their fingers so that they can in turn record their notes which they will later study. If a child is playing an instrument, we often hear the instructor or conductor tell them to sit up straight. This requires a healthy spine with good alignment, clear nerve supply and strong muscles.



When we watch our kids participating in sports we often cringe at the intense beating that their spines take when they are hit by another person or twisted through their activities. Keeping their spine aligned and balanced is crucial for them to be able for them to enjoy a healthy and successful year and have a healthy spine for a lifetime.

- Children make 775,000 visits to the emergency room each year because of sports-related injuries.
- Every 2 ½ minutes a child is injured on a playground. 150,000 kids are treated in the emergency room for football injuries. Many of these injuries are accompanied by trauma and damage to the child's developing spine and nerve system.
- More than 40 Million students carry school backpacks. Backpacks that are too heavy or worn incorrectly can injure your child's back, neck and shoulders, which can lead to other health problems.
- Heavy backpacks, playground and sports injuries can cause non-structural or functional scoliosis, an abnormal lateral curvature of the spine that typically appears in early adolescence. This type of scoliosis is not caused by a structural spine abnormality, but develops as a result of misalignment and pressure on the spine and nerve system. Functional scoliosis often can be corrected by addressing the underlying condition.

Millions of other kids injure their spine and remain symptom free until later on in life when the damage becomes more permanent. This can be avoided with regular chiropractic care.

British medical researchers have found through MRI technology that nearly 10% of children show signs of disc degeneration before reaching puberty. Disc degeneration is a condition in which a damaged spinal disc wears down unevenly causing pressure on the nerves which can limit activity levels, stamina, and quality of life as we age. We tend to think of this disc degeneration as a sign that we are getting older but this is not true. It is a sign that the spine has been injured which can happen at any age.

A simple examination can determine if your child's spine is on track or off track. Chiropractic care can keep your child's spine and nerve system healthy and insure your best school year ever.

**Why is Ascent different than other Chiropractic clinics?**

**Chiropractic + Acupuncture + NET + Nutrition**

Could you imagine making four different appointments to bring together the disciplines of [Chiropractic](#), [Acupuncture](#), [NET](#) and [Nutrition](#)? Better yet, try getting each of your practitioners to communicate and share their findings.

Good news, you don't have to! Dr. Julie is pleased to provide each of these disciplines to her patients during each and every appointment.

**Get Your Kids "Back" On Track this School Year**

Heavy backpacks can cause nonstructural or functional scoliosis, an abnormal curvature of the spine.

Children's spinal examinations are also a great way to recognize structural strains that come about during sports and other activities.

**Bring your children in for their routine spinal**

## examination.

Kids screenings are \$15, or no charge if they join during their parent's appointment.

Offer Expires: August 31, 2009. The "no charge" offer is valid for one child during one appointment.

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