

# Scoliosis

Scoliosis is a three-dimensional distortion of the spine that manifests as a sideways vertebral curvature. Scoliosis deviates from the normal front-to-back curvature by creating sideways spinal distortion that could range anywhere from mild to severe, sometimes impacting the heart and lungs or even leading to osteoarthritis.

## **Treatment Approaches to Scoliosis**

Patients with the condition generally have two options for treatment: traditional medicine or chiropractic care.

Probably the biggest difference between a regular doctor treating scoliosis versus a chiropractor pertains to nuances. Allopathic medicine often waits and watches the condition until substantial structural degeneration is observed. However, chiropractic treatment routinely focuses on nuances of even minor degrees of distortion and is systematically more successful in halting the progression at an early stage. Chiropractors take a holistic approach to the entire body and make corrections accordingly for scoliosis and any other imbalances. An added bonus is that chiropractic care is non-invasive so there are no surgeries or even uncomfortable braces in treating scoliosis.

## **Chiropractic Treatment Therapy**

Chiropractors utilize tools such as orthotics, X-rays and exercise therapy for diagnosis and treatment of scoliosis. Treatment usually consists of the chiropractor subtly adjusting the spinal sideways curve to ultimately straighten and align it. Scoliosis patients will generally be treated by a chiropractor 1-2 times a week, depending on the severity of the condition and ultimate progression to a healthy spine state. These weekly adjustments often work wonders on lessening the pain of scoliosis.

Generally, scoliosis patients with a low- to mid-level range of their condition can greatly benefit from chiropractic care.