

# *Alderete Chiropractic*

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## What Is Scoliosis?

Quite often a result of heredity or injury, scoliosis is a sideways curve of the spine that can lead to increasing back pain and stiffness. Scoliosis is seen more often in females than in males, and it usually begins in childhood.

*If left untreated, symptoms can become severe.*

### A Balanced Spine

From the front, the spine looks like a straight line from the Neck to the hips.



### An Unbalanced Spine

**Vertebrae**, the bones in your spine, are curved To the side instead of straight.

**Discs**, which absorb Shock between vertebrae, may bulge, rupture, Or wear down.

**Nerves**, which travel Through the vertebrae And carry the body's Messages, may be Pinched or irritated.

**Muscles**, may be Overused on one side Of your body and weak On the other side.

**The sacrum** (the base Of your spine) may be Tilted instead of level.

