

Powers & Jans Centre

The Experts® on Chiropractic Care:



Dr. Rick Powers



Dr. Wallace Jans



Dr. Crystal Taylor



Dr. April Ruzycki



Dr. Sheldon Cherniak



The Experts®
you need to know

on Chiropractic Care

Dr. Wallace Jans

GROWTH SPURTS

As I observe the kids coming into our office, it appears every one of them has had a growth spurt over the summer. Just like the grass in my lawn, it appears the sun and heat combined with some water has caused the kids to grow. Physical activity and fresh air has probably contributed to the kids growth as well. Their new back to school wardrobes are probably required because the old clothes are too small, rather than worn out.

When children grow quickly, not all their tissues and systems necessarily grow at the same rate. As a result their, coordination often suffers, producing an increase in trips, falls, bumps and bruises. How many mishaps has your child experienced this summer? Hopefully most of them have been minor, but sometimes even seemingly benign incidents can have a significant effect on joints, muscles and nerves. Plus there is always a cumulative effect. Even poor posture

from playing games on a phone can cause injuries.

The spine is particularly vulnerable to injury from repeated small traumas. Once the spine is affected, the entire body experiences problems because of the far reaching nature of spinal nerves. There may or may not be pain in the spine. A child may instead experience headaches or leg pains. Sometimes symptoms from spinal dysfunction may seem totally unrelated, like vision problems, stomach aches, 'growing pains', increased frequency of colds and, yes, even incoordination.

Chiropractors are specifically trained to detect

and correct subtle spinal injuries called Vertebral Subluxations. We can often locate areas of spinal dysfunction well before symptoms even occur. By performing gentle chiropractic adjustments the spine can be restored to function normally. The adjustments are tailored to the size and age of the child. Most children are excited to have their spines worked on in our clinic.

Families are always very busy over the summer and getting kids spines checked often doesn't happen, unless there is real significant injury. But now that September is here and everyone is getting back to normal routines, it's a great time for every child to have a spinal check up. It is best to correct those cumulative little problems before they become bigger issues.

Not sure whether your child needs a chiropractic checkup? We offer a free consultation to discuss any concerns you may have. Call 403-529-9069 for an appointment.



Children Need
Chiropractic
Check ups

CALL 529-9069 TODAY
FOR A FREE CONSULTATION



The Big White House on 6th St. just off Kingsway

737 - 6th Street SE

Ph: (403) 529-9069

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