



## TECH-NECK IN CHILDREN

Bending the neck to look down at a phone or other screen devices can lead to strain on the neck, headaches, unnatural curvature, and more. Encourage a healthy spine.

### CHIROPRACTIC CARE CAN HELP!



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## BACKPACKS & BACK PAIN

An improperly fitted and/or heavy weighted backpack can cause pain in several areas like the...

➤ Neck ➤ Shoulders ➤ Upper/Lower Back ➤ Hips

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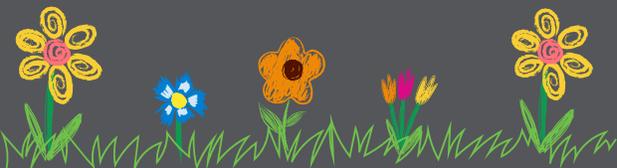
# ALLERGY SEASON

Allergies and asthma are common afflictions that can impact the daily life of a child in many ways.

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## **STRUGGLING TO FOCUS**

ADD and/or ADHD can greatly affect a child's learning process and how well they focus in school.

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## SCHOOL STRESS

Children often face many stressors in school including tests and grades. Stress can cause headaches, tense muscles and even poor memory.

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## OUT OF THE GAME?

Sports can be physically taxing on children. Support their game by promoting a healthy body and healthy spine!

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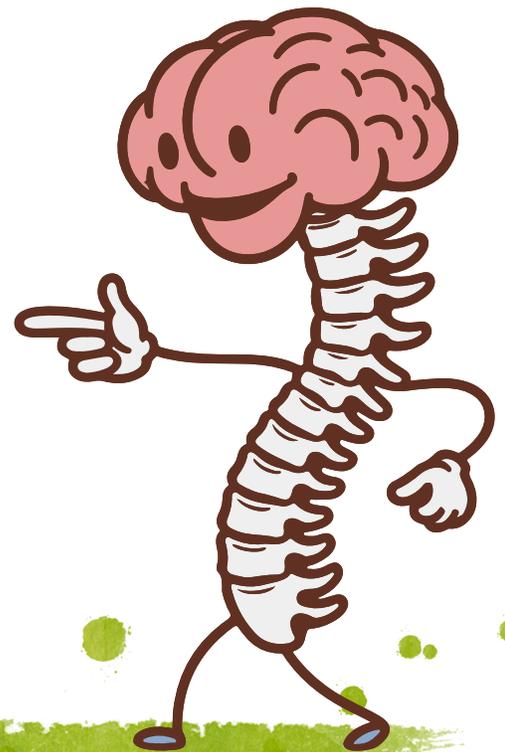


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**An aligned spine  
means better  
mind-body  
communication.**

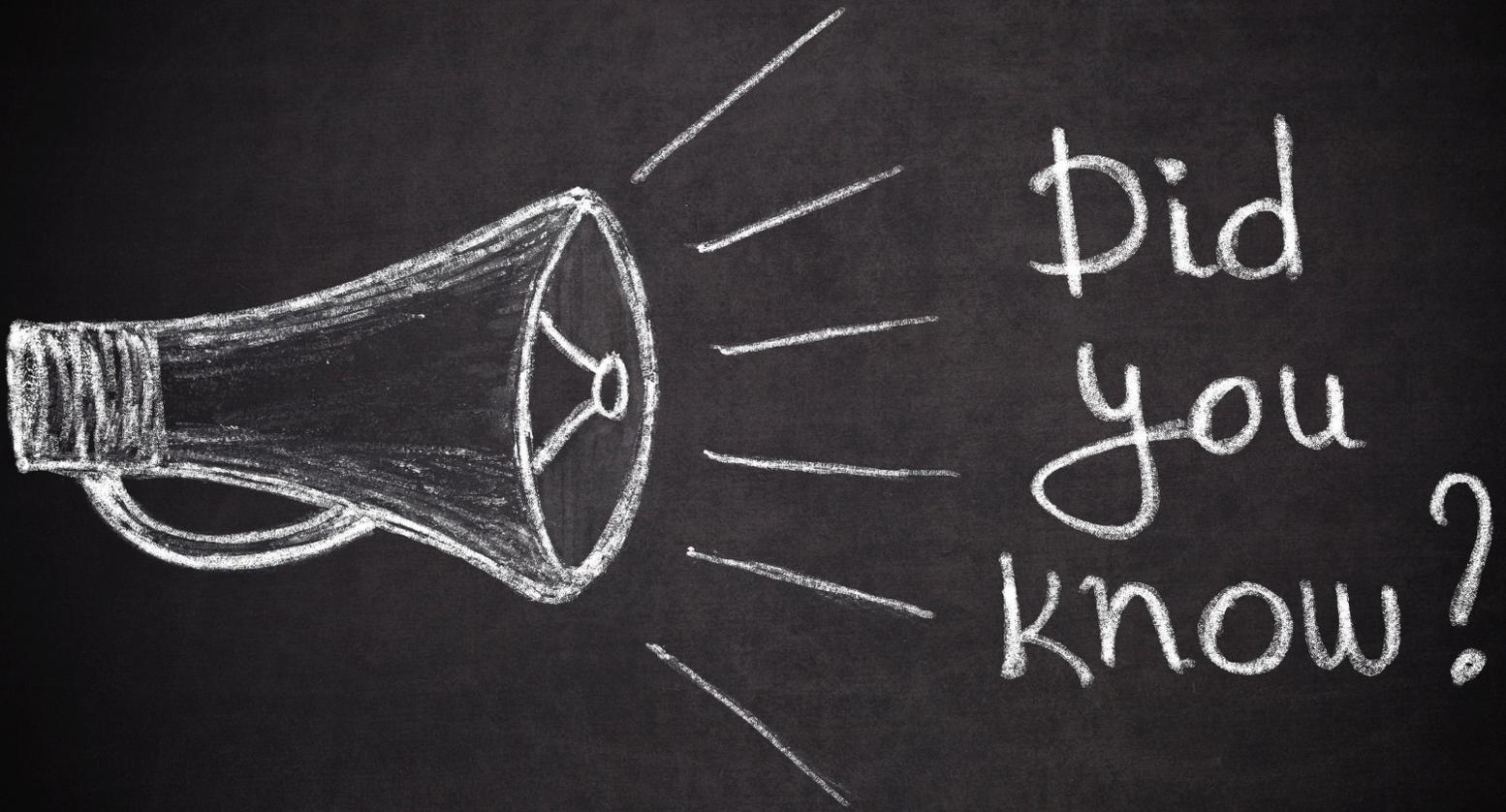


**Try Chiropractic!**



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## Chiropractic Can Help with...



- Back, Neck, Hip & Shoulder Pain
- Allergies/Asthma/Sinus-Ear Infections
- Focus & Stabilizing Mood
- Stress & Anxiety
- Improvement In Overall Wellbeing



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# Children and Chiropractic Care

Recent Case Review Study examined 180 school-aged children (ages 5-18) receiving 12 weeks of chiropractic care and found the following benefits.



**Improved Health  
and  
Focus**



**Reduced Anxiety  
and  
Stress**



**Increased  
Activity  
Levels**



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## DIGESTIVE ISSUES?

Upset stomach, digestive issues, and irregular bowel movements are common symptoms experience in children of different ages.

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## **TROUBLE SLEEPING?**

Children often experience sleep disruptions for various reasons.

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