

# The Family Checkup!

Have you ever seen an entire family who wears glasses? How about a family in which all of the children have braces on their teeth? ...or they all have the same color eyes, or hair, or are the same height? Of course, we all have. This is because of a genetic predisposition toward certain physical characteristics.

Spines are no different! Subluxations tend to run in families and people who do like activities. It is not usually for x-rays to show entire families exhibiting nearly the same low hip, short leg, or scoliosis.

It is for this reason that we recommend families to have a spinal checkup in this office if we see subluxation in one of the family members. Parents can pass these traits on to their children! If one parent has subluxation, then the children may inherit the same spinal characteristics, and if a child has it, then he or she may have inherited it from one, or both parents.

Even if we have the gift of not inheriting our parents' maladies, other similarities in lifestyle can cause spinal damage that may not be seen or felt for years to come. Car accidents are a prime example. It is common, unfortunately, for an adult to experience serious injury in a car accident,

with children in the car, and because the children have not outright complained, they are simply neglected to develop serious spinal problems later in life!

So, if you are reading this, and you have been diagnosed with subluxation, do not wait another minute to schedule a checkup for your entire family. At best, we can confirm that your family is healthy. At worst, if a problem is found, it has been detected early, and we can correct it now before it becomes permanent!