



**HILTON CHIROPRACTIC**

Compliments of

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## Four Simple Tests to Check Your Child's Spine

Here are four easy checks for a child's posture that any parent or carer can use to discover potential back problems in their child.

A number of spine problems that present in childhood can become problematic or painful as the child grows into adulthood. It can be important to monitor or address these problems early.

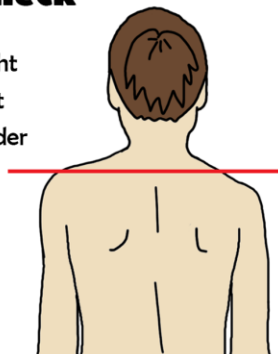
If you notice any problems when doing these checks, a professional examination is recommended.

At Hilton Chiropractic we are experienced at assessing children's spines and posture, and are happy to give you advice and to help manage any problems we might find.



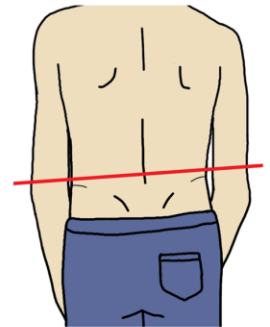
## 1 Shoulder Check

Have your child stand straight and tall. Are the shoulders at an even height? If one shoulder is lower than the other, this could indicate a problem with the spine, or muscle asymmetry.



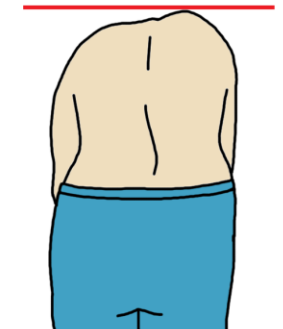
## 2 Hip Check

Check your child's hips when they are standing straight. Do they look even? Is one hip higher than the other? You may notice pants sitting unevenly or an uneven hem line. This can indicate a spinal problem.



## 3 Bending Check

Have the child bend forward from the waist, with the head and arms hanging toward the floor. If there is a 'hump' or muscles bunching up on one side of the spine, this should be assessed by a professional.



## 4 Shoe & Foot Check

Check your child's shoes and feet. Uneven wear (e.g. on the outside of one or both shoes) or ankles that roll in or out could indicate problems with the lower limb or spine.

