

[IMAGE]

Young People Love Chiropractic

By Editorial Staff

Here's one reason of many reasons why: Younger people (ages 10-24) who are experiencing spine pain improve with chiropractic care, suggests research. Pain scores, assessed through the Numeric Rating Scale, which asks patients to rate their pain from 0 (no pain) to 10 (unimaginable pain), decreased significantly following chiropractic management.

Reduced pain scores were reported in all four spinal regions: cervical, thoracic, lumbar and sacral. Spinal manipulation, mobilization, soft-tissue therapy, acupuncture, and other modalities within the chiropractic scope of practice were utilized.

young people - Copyright © Stock Photo / Register Mark Now here's one of the many reasons why these findings are so important: Evidence also suggests people who experience spinal pain at a younger age are more likely to experience it when they get older, potentially setting up a cycle of pain and dysfunction that can recur (or even last) over years.

Here's another reason: While public perception is changing, many people still don't believe chiropractic is necessary for children, adolescents and young adults. But as research and experience continue to show, chiropractic benefits *everyone* – regardless of age. Your baby benefits. Your children benefit. Young adults benefit. *We* benefit. So start them while they're young, and plant the seeds for a lifetime of health and wellness.

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