Scoliosis and chiropractic care checklist

Use these steps from the article before and during chiropractic care for scoliosis.

- [ ] See a doctor first when uneven shoulders, uneven hips or a rib hump appear.
- [ ] Ask for an X-ray and the Cobb angle in degrees before choosing any treatment.
- [ ] Take a growing child with scoliosis to an orthopedic specialist without delay.
- [ ] Keep a prescribed brace on for the hours the specialist sets.
- [ ] Use a chiropractor for back pain and stiffness only, not for curve correction.
- [ ] Refuse prepaid plans that promise to cure or reverse a scoliosis curve.
- [ ] Ask the spine specialist before any manipulation after spinal fusion surgery.
- [ ] Seek medical care for breathing difficulty, leg weakness or leg numbness.
- [ ] Get urgent medical assessment for new bladder or bowel changes.

Notes

For general education only. Not a substitute for professional medical advice.