

# Test Your Own Kids for Pelvic Torsion and Short Leg

No one really knows how many millions of adults now living with serious health problems would be healthy today if regular chiropractic checkups had been a part of their growing years.

But this much we do know: a recent survey of chiropractic practices revealed that more than half the adult patients exhibited spinal distortions and faulty bodily functions directly related to seemingly minor injuries at birth or childhood accidents, mishaps, or injuries which were never treated properly, if at all. Yet, many childhood accident-related structural problems can be corrected rather easily if treated by a chiropractor in their early stages.

## TWISTED PELVIS

In little children, chiropractic doctors routinely look for a twisted or misaligned pelvis caused by the birthing process or a fall because — all too often — a torsion of the pelvis makes one leg functionally shorter than the other.

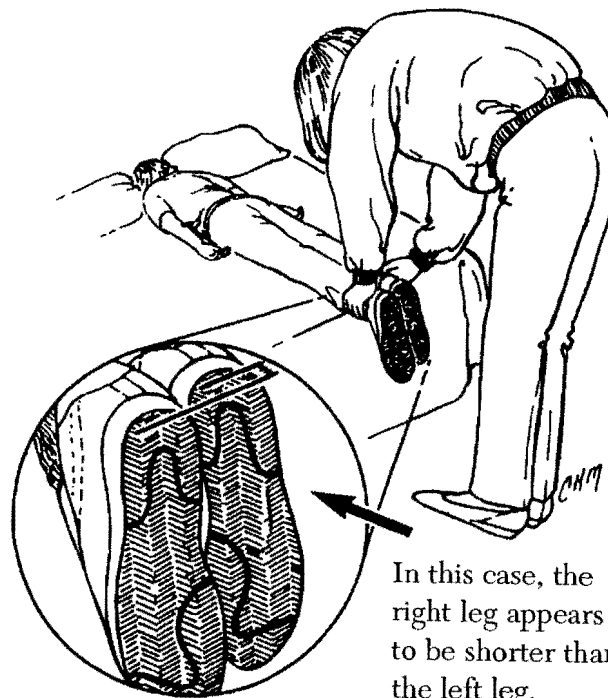
## AS THE TWIG IS BENT, SO GROWS THE TREE

Since the pelvis forms a foundation for the spine, a twisted, imbalanced pelvis often brings on spinal curvature, disc degeneration, misaligned vertebrae and other spinal problems which show up later in life. So one of the greatest gifts a parent can bestow upon a child is regular chiropractic checkups — at least every six months — which help “the twig” grow into a physically sound, healthy adult.

## Home Test for Pelvic Torsion in Children

This test should be given at least once a month between the twice-a-year chiropractic checkup or immediately after falls, accidents, mishaps.

- Place two pillows on bed as shown.
- Child lies face down, nose between the pillows so that the head is not tilted or turned to either side.
- Be sure the mattress supports child so the body does not roll to one side or the other.
- Arms rest comfortably at the child's side, straight back, palms up.
- Ankles (feet) should extend far enough beyond the edge of the bed so that toes point toward floor.
- LEAVE CHILD'S SHOES ON.
- Stand directly behind bottom of child's feet as shown.
- Push ankles together along an imaginary center line which bisects the child's body from top to bottom.
- Check heels for discrepancy in leg length. Does one leg appear to be longer than the other?



In this case, the right leg appears to be shorter than the left leg.

**IF EITHER LEG APPEARS TO BE 1/8 INCH OR MORE LONGER THAN THE OTHER, THE CHILD SHOULD BE CHECKED BY A CHIROPRACTOR. THE SOONER ANY STRUCTURAL PROBLEM IS CORRECTED, THE BETTER.**