

3 SIGNS YOUR CHILD MIGHT NEED A SPINAL SCREENING

(Even If They're Not in Pain)

A quick-read resource for parents who want to give their child the best possible start.

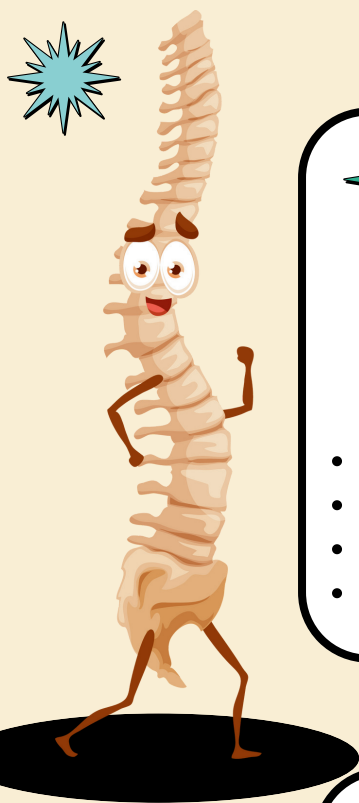


AS PARENTS, WE KNOW HOW IMPORTANT IT IS TO TAKE CARE OF OUR CHILDREN'S TEETH, EYESIGHT, AND GENERAL HEALTH.

But there's one major system that's often overlooked: **the spine.**

Even without obvious pain, many children experience spinal misalignments that can impact posture, development, and long-term health.

This guide will show you three subtle but critical signs that it's time to have your child's spine checked—before small issues become big problems.



SIGN #1

Uneven Shoulders, Hips, or Shoe Wear

Subtle asymmetry in your child's posture or clothing can signal a deeper issue like scoliosis or a short leg.



Watch for:

- One pant leg always appearing longer
- Shoulder straps falling off one side
- Head or shoulders are tilted in pictures
- Uneven shoe tread or wear patterns



What it could mean:

A leg length discrepancy or spinal curvature. These often develop silently and progress during growth spurts.



SIGN #2

Frequent 'Tech Neck' or Slouched Posture

If your child often sits in the "Tech Neck" position (head bent down looking at a phone or computer) or they slouch while standing, this could be a sign of weak core and spinal instability.



What it could mean:

Forward head posture or thoracic hyperkyphosis ("hunchback") may already be present, affecting not just posture but also breathing and muscle endurance.



SIGN #3

They Carry a Backpack — Daily

Backpacks are a common part of every child's life—but they can also be a major contributor to poor posture, spinal stress, and future pain.



Watch for:

- Wearing the backpack over one shoulder
- Complaining of back or shoulder tension
- Leaning forward when walking with the pack on

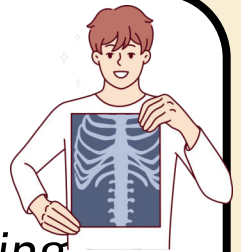


What it could mean:

Imbalanced weight distribution that's straining developing spinal structures.



THE FINAL SIGN (That Often Matters Most)



They've Never Had a Spinal Screening

Even if your child appears perfectly healthy, early screening is key. Just like dental x-rays reveal cavities before symptoms start, spinal screenings can catch dysfunction before it causes pain or long-term damage.



At Shift Health Center, We Make It Simple

Our Strong Foundations program (also lovingly referred to as “Little Buff Spines”) is designed for kids ages 5–15.

Whether your child has symptoms or not, our team will help you understand how their spine is functioning and what steps (if any) are needed to keep them growing strong and balanced.

 **Early detection = lifelong protection.**

Normal



Your Posture Viewed from the Side

Your head weighs approximately 8 lbs. It is shifted 1.38 in forward, 11.3° off vertical.

Based on physics, your head now effectively weighs 19 lbs instead of 8 lbs.

Shoulders are shifted 0.23 in backward, 1.0° off vertical.

Hips are shifted 0.83 in forward, 4.3° off vertical.

Knees are shifted 0.29 in backward, 1.2° off vertical.

Head vs. Ankle Alignment is 1.69 in forward, 1.7° flexed off vertical.

Posture Index® Values: Right View

Total Shifts	2.72 in
Total Tilts	16.8°

Effective Head Weight

18.9 lb



Natural Posture

Compensation with a backpack



Normal



Your Posture Viewed from the Side

Your head weighs approximately 8 lbs. It is shifted 1.90 in forward, 17.5° off vertical.

Based on physics, your head now effectively weighs 23 lbs instead of 8 lbs.

Shoulders are shifted 1.29 in forward, 3.3° off vertical.

Hips are shifted 2.16 in forward, 9.6° off vertical.

Knees are shifted 0.18 in backward, 1.0° off vertical.

Head vs. Ankle Alignment is 5.17 in forward, 5.3° flexed off vertical.

Posture Index® Values: Right View

Total Shifts	5.54 in
Total Tilts	30.4°

Effective Head Weight

23.0 lb