

**Chiropractors will stage free clinic**

Area chiropractors are planning to hold a free postural health clinic for school age children in Midland.

The tentative date set for the clinic is February 25.

John Shewfelt, speaking on behalf of Midland's four chiropractors and a Penetanguishene chiropractor, said that the purpose of the clinic is to detect early signs of postural difficulties in children. Difficulties which if not given attention at a young age, can result in serious physical problems in later years.

"What we're concerned about is postural and spinal health of school age children. We feel that people sometimes don't pay enough attention to things like posture problems, and if we can detect them in the growth years, we might save considerable misery later on," said Mr. Shewfelt.

According to Mr. Shewfelt, the February clinic will be the first of its type ever to have been held in Canada. It will involve a three stage examination, leading to a general evaluation of the child's overall posture. Hopefully, said Mr. Shewfelt, any abnormalities in the child's posture, whether visibly apparent or latent, will be detected by the examination.

What chiropractors term as the postural stress index of each child will be measured. This simply means that measurements will be taken to determine whether the child's body is proportioned correctly, and whether any of the limbs or joints are at all misaligned.

Each child will be given a Vitamin C test to determine whether his or her body chemistry contains sufficient levels of Vitamin C. Mr. Shewfelt explained that Vitamin C plays an important role in bone development, and that an insufficient Vitamin C level can result in a poorly formed bone structure. Mr. Shewfelt also pointed out that contemporary diets often lack the necessary amounts of Vitamin C, and a test of the sort to be administered at the clinic will reveal any such deficiency.

The chiropractors will also discuss each child's health history. Knowing exactly what diseases a child has had, explained Mr. Shewfelt, can give chiropractors valuable clues to the factors which have affected his or her posture.

The main problem that the clinic will be looking for is a disorder called scoliosis. Scoliosis is an abnormal curvature of the spine, and can be the cause of such habits as a swaying walk, a side slant to the back, or a persistent slouch.

Scoliosis, although sometimes not particularly uncomfortable to a young child, invariably will result in suffering later on. If an abnormal curvature is detected, chiropractic care will be advised, Mr. Shewfelt said. Young bodies are especially responsive to such treatment, and problems can be corrected relatively quickly.

"Naturally we as chiropractors are a little bit biased, but we feel the treatment we can offer is the right type," said Mr. Shewfelt.

"People are going to see for themselves that although they may feel 100 per cent, they may still have problems, and this clinic will hopefully detect them early," he added.



Shewfelt



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