



Why should my family have their Spines' checked?

Regularly monitoring your family's health through routine check-ups is vital for their wellbeing. However, not all people realise that getting their **spine checked** can be just as important as getting their **teeth & eyes checked**. Chiropractors are often misrepresented as nothing more than *backcrackers* and their care is consequently misunderstood. But we'd like to help set the record straight.

Why should my spine be checked?

- ❖ To prevent spinal decay
- ❖ To maintain good health
- ❖ To insure healthy spinal development
- ❖ To avoid pain & symptoms, they are usually the last things to come....

We at Chávez believe strongly in **preventative** health care and encourage that all members of your family have their spine checked even if they're not experiencing any obvious health complaints. We recommend that adults have their spines checked at least once every **3 months** and children every **6 months**.

Chávez Chiropractic – *The Family Clinic*
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