

Functional Wellness Check-Up

for ages up to 16 years

Does your child have a properly functioning nervous system?
Address the 3 “**Terrible T’s**” that place stress on your child’s nervous

The 3 “Terrible T’s”:

Thoughts – Stress and inadequate amount of sleep.

Trauma – Falls, injuries, repetitive wear & tear, poor posture while sitting & using electronic devices, unsupportive footwear, poorly fitted backpack, and lack of exercise.

Toxins – Unbalanced diet and intake of food with high sugar content.



Your Child will Receive:

Spinal and postural screening including neck/shoulders, back, hips, knees, and feet. Do they have a subluxation or misalignment of the spine without symptoms?

Foot levelers digital scan to assess arch/feet.

Demonstration on how to properly use electronic devices to prevent “Tech Neck” or neck pain. Develop a keyword between you and your child to help encourage better biomechanics.

Bring your child’s backpack in to ensure proper fit.

Help your child learn the importance of a low sugar, balanced diet; Visual aid demonstrating how much sugar is found in 1 can of soda/sports drinks.

Learn the best sleep posture for getting quality sleep and decreasing future neck/back problems.

Find out how your child could benefit from chiropractic care.



*Health does not equal the absence of symptoms!
Help your child form healthy habits now before problems even surface so they can express 100% LIFE!*