**Symptoms and Signs That Your Child Has a Structural Problem**

**Symptoms**

1. If they complain about anything hurting
2. Headaches
3. Earaches
4. Sore Throats
5. Colic
6. Asthma
7. Constipation or Diarrhea
8. Bed-wetting
9. Feeding difficulties

**Observational Signs**

1. Torticollis
2. Scoliosis
3. Bad Posture
4. Child’s head consistently being tilted to one side
5. Restricted head or neck motion to one side
6. Head falls to one side while sitting
7. Bald or flat spot on head
8. A pant leg is longer on one side or wears out more quickly on one side
9. Shorts/shirts are often twisted
10. Foot flares out
11. Walk on their toes
12. Trip often
13. Crooked creases on the bottom
14. Unsymmetrical fat rolls
15. Positional discomforts with laying, sitting, or standing positions
16. Infant wants to nurse only on one side
17. Being very clingy
18. Anxious and/or unable to focus in the classroom
19. Disturbed sleeping patterns where child sleeps for only an hour or two at a time

 **(If your child displays one of these, they most likely need structural care.)**