

# CHILDREN NEED CHIROPRACTIC CARE

By: Dr. Jennifer T. Murphy

My name is Jennifer T. Murphy and I am a chiropractic-physician who specializes in pediatric chiropractic care. I graduated from Palmer College of Chiropractic in 1995 with my doctorate and opened up a clinic in Pink Hill, NC in 1996. After obtaining my one-year certification in pediatrics, I decided to pursue a three-year Diplomate in Chiropractic Pediatric care from the International Council on Chiropractic Pediatrics sponsored through Palmer College. I graduated with my diplomate degree in 2002 and I am now one of two pediatric diplomats in North Carolina and one of one hundred and two in the nation.

Chiropractors are required to attend 24 hours of extra education each year to maintain our license and grow in our knowledge. In 1998, I attended a pediatric seminar given by Carol Phillips in Charlotte. At that moment, I knew that I had found my calling. Chiropractic is about preventative health care without drugs or surgery. How better to serve than by giving children the gift of health? With Dr. Phillips as a mentor, I started my journey on obtaining my diplomate and providing chiropractic care to children of all ages. After seeing the results in some very extraordinary cases, I knew that I had pursued the correct path.

Many people are shocked that children want or need chiropractic care. Here are some common questions I receive.

**-Do children need chiropractic care?** Yes, from birth on. The concept of spinal care is no different from dental care. Prevention is the key. The birth process alone can cause subluxations (misalignments of the vertebra), which is why it is called labor. Beyond the initial trauma, watch a child play. They can fall, run into things, and swing in ways that would put adults in the hospital. These little traumas lead to serve interference and the body stops working at 100%. A child becomes susceptible to illness below that optimum health.

**-Why do children visit the chiropractor?** Parents who bring their children in for care see symptom relief from conditions such as colic, ear infections, bed wetting, constipation, poor eating and sleeping habits, upper respiratory infections, asthma, allergies and sinus, and sometimes even for pain (up to 82 conditions total). But the most important reason to bring your child in is to prevent them from getting any of the above conditions.

**-Is it safe to adjust a child's spine?** This question has always amazed me. The media as a whole has often vilified chiropractic as a cult or quackery and I can guarantee the world if a chiropractor ever hurt a child it would be on every newscast in the nation. There is not one case of a chiropractor injuring a child. However, that is not true for the allopathic medical

community. I also explain the difference in malpractice insurance cost. The average chiropractor pays \$1000-\$2000 per year for 1 million/3 million coverage (required by North Carolina law). The average family doctor that doesn't perform surgery or obstetrics pays over \$10,000 for the same coverage. Chiropractic is the safest health care out there.

**-How much does it cost and how often do I go?** That varies based on insurance coverage and treatment needed. X-ray is naturally the most expensive procedure done and usually is only a one-time charge if required. Some chiropractors always do X-rays, others do not. An examination including a history ranges from \$25-\$100 and the adjustment ranges from \$25-\$50. These rates are variable from office to office. Since a chiropractic office does not have a separate radiology department, there is no fee to read the x-ray, as is the case in a hospital or a medical office. Some insurance also does not allow for pediatric chiropractic care. While this is rare, you may want to check your insurance manual. Length of care depends on the diagnoses and decision of the parents.

It is my recommendation that once a patient is at optimum health, a check-up every two or three months is suggested. But always remember that decision always lies with the patient and the parents. You should never feel bullied or pressured into bringing your child. It is my personal practice to not charge the patient if an adjustment is not given.

So why take your children to a chiropractor? What does all of this information mean to a parent who is concerned about the welfare of their child? It basically boils down to the inevitable truth that in this day and age of all of our technological advances, sometimes the simplest approach may make the most sense.

Even several medical doctors are now questioning the number of antibiotics that we are administering to our children and are suggesting that we look into alternative methods of healing our children. Our children are over-vaccinated, overweight, over-exposed to chemicals in our food, spend too much time in front of a computer or TV, and are under more stress than any generation before. Basically they are just like their parents and since we have the option to look toward alternative health care, shouldn't we give that same chance to our children?

In upcoming articles, we will delve further into how pediatric chiropractic care can enrich your life and that of your children and grandchildren. Our mission is to educate, care for, and grow with our patients to make them 100% of all they can be.