

Chiropractic and Children

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Babies often endure some trauma during the birth process. Fitting their 14cm head through a 10cm opening and being pulled on the other side by an obstetrician can often cause unseen problems. Adults put through this kind of strain would probably be in traction, asking for unlimited amounts of morphine! With that in mind, I am often amazed when patients look surprised when I tell them that babies need chiropractic care too. Birthing trauma can cause misshaping of the skull, twisting of the bones in the neck, and unleveling of the pelvic bones. These problems can lead to colic, ear infection, uncontrollable crying, respiratory problems, lack of balance, slow development of motor function (reaching out, grasping objects, etc.), and in extreme cases, retardation and neurological disorders.

Given an adult's conception of what a chiropractor does, some parents are unsure about having their children adjusted. But, as with all things, modifications are made to allow for the little body to be adjusted. Usually, no pressure is necessary for adjusting a baby. It can usually be done holding the baby without anyone in the room noticing the gentle move. There may be an instant of crying, but that is usually due to the separation from the parent.

What do chiropractors treat in children? I have treated colds, flu, colic, bedwetting, asthma, leg pain, back pain, headaches, sinus and any number of minor troubles. Is chiropractic an unheard of cure for all of these conditions? Of course not. Our technique of adjusting the spine and joints of the body simply frees the body to naturally fix the problems that were created by the nervous dysfunction. Children have an amazing ability to heal. One or two adjustments on the average child can treat their ailments, and studies show children under regular chiropractic care are sick 1/3 less than children unadjusted in the same environment.

How many of your aches and pains today can be traced back to a childhood injury? Most of my patients can remember a fall or injury from childhood or the teen years that plagues them now. If these injuries had healed properly as children, the aches and pains of adulthood would be minimized. We are very abusive to our bodies as children and teens, but the full consequences of these injuries usually are not apparent until our late thirties and up.

One of my youngest patients was three months old when her mother brought her in to see me. She slept only two or three hours a night and cried constantly. She was never comfortable lying down and only wanted to be held. She nursed very little and kept none of it down. She had severe colic and both parents were exhausted. After only two adjustments of her cervical spine, she became a healthy, happy child, sleeping and eating well. Often children have the capabilities of healing their own bodies with just a little outside help.