

When was your 1st Spinal Dysfunction?

Chiropractic Part of Balanced Healthcare

Children

A great deal of research has been done on the benefits of chiropractic care for children. It is believed that many children may suffer their first spinal problem as a result of the birth process.

The process of going through the birth canal and in some cases, the additional strains of forceps or vacuum extractions may put stress on the muscles, joints and spinal nerves of an infant's neck.

Left uncorrected, this can lead to abnormal spinal mechanics and nerve irritation, which can affect the overall well being of the child.

Maintaining a healthy spine allows the child's body to optimize it's overall health.



Chiropractic care focuses on maximizing the body's incredible potential for self-healing by detecting, correcting and preventing interferences in your nervous system. It may include spinal adjustments, stretches, exercises or other healthy lifestyle recommendations.

Chiropractic can change your life!

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Why should my child get adjusted?

Spinal dysfunction or nerve irritation at any age can cause pain and effect optimal health. Many spinal problems seen in adults start in childhood.

Chiropractic improves spinal function thereby optimizing the body's ability to heal. Each stage of our life subjects us to a variety of situations which may create spinal dysfunction.

Infants

In addition to the birth process, infants may suffer spinal dysfunction due to the simple strain of holding their head up as well as from the bumps and falls they take when first exploring their horizons in crawling and walking.

Children

Children can suffer various injuries from contact sports, falling off a bike or other slips and falls. They may also have poor posture from sitting improperly at school, watching television or playing video games. In addition, children often suffer back strain from over-loaded school back packs (packs should not exceed 15% of your child's weight).

Teens

Teens often suffer from the same strains they did as children plus the additional emotional stress, hormonal changes associated with puberty or their growing responsibilities.

Chiropractic care can help teenagers adapt to their new bodies.



Your chiropractor will use special techniques adapted for your child's size and condition.

Common conditions that chiropractors care for:

Infants

- Colic
- Irritability
- Constipation
- Recurring Ear Infections
- Some respiratory conditions

Children

- Bed wetting
- Frequent colds
- Growing pains or painful joints
- Headaches
- Poor concentration
- Postural problems
- Scoliosis
- Sinus problems
- Stomach aches or poor appetite

Children constantly suffer falls & tumbles. Regular Chiropractic care can correct small problems before they become larger.

In children, aches and pains are often passed off as "growing pains".



We take our children to the dentist to avoid cavities and assure dental health.

Chiropractic check-ups do the same for the spine.

At what age should I take them?

Chiropractic care can start immediately after birth however your child will benefit from chiropractic care at any age.

Bring them in with you for an evaluation during your next appointment.

Are a child's adjustments different?

Your chiropractor will modify their adjusting technique based on your child's size and condition. They may use special instruments or vary the technique and the force of the adjustments.

Often, children's spines are more flexible than those of adult's. This means that children often require less adjustments and respond much quicker to chiropractic care.