When was your 1st Spinal Dysfunction?

ChiropracticPart 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.



hiropractic 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!

REFERENCES

Hakala P., Rimpela A., et al., Back, neck and shoulder pain in Finnish adolescents: National cross section surveys. *British Medical Journal*, 2002

Gutman G., Blocked atlantal nerve syndrome in babies and infants. Manuelle Medizin, 1987

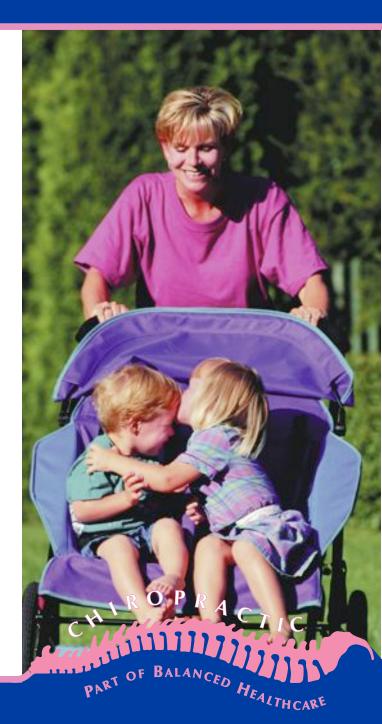
Crawford J.P., Byoung Y.H., Asselbergs P.J. Hichson G.S., Vascular ischemia of the cervical spine: a review of the relationship to therapeutic manipulation. *JMPT*, 1984

Dvorak J., Baumgartner L., Burn J.B., Concensus and recommendations as to the side effects and complications of manual therapy of the cervical spine. *Journal of Manual Medicine*, 1991

Fossgren J., Complications in manual medicine. *Journal of Manual Medicine*. 1991

Nilsson N., Infantile colic and chiropractic. European Journal of Chiropractic, 1985

Fallon J.M., The role of the chiropractic adjustment in the care and treatment of 322 children with otitis media. *Journal of Clinical Chiropractic Pediatrics*, 1997



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.

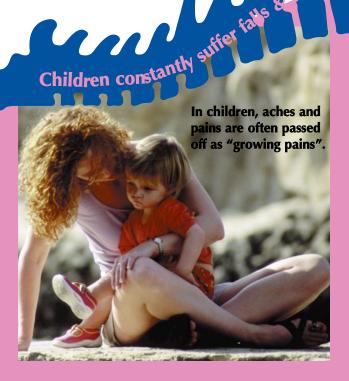
Common conditions that chiropractors care for:

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



Regular Chiropractic care can correct small problems before they become 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 guicker to chiropractic care.