



Chiropractic Care for Children

A Parent's Guide to Chiropractic Care

Considerable media coverage has been provided in the past year or two for the chiropractic treatment of spinal problems in children. This coverage has frequently attempted to dramatize chiropractic spinal adjusting for children as being unsafe and unnecessary. Reported cases have bordered on the sensational, with untrue "facts" and impressions frequently being conveyed in an apparent endeavor to boost program ratings. Media coverage of the availability of spinal care for children, rather than dis-

suading parents from bringing their children to chiropractors, in many cases, has actually resulted in more parents seeking chiropractic care for their children.

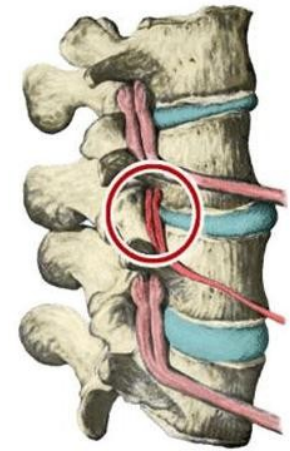
This article attempts to answer the questions asked by many parents about their children's spinal health. Just as many concerned parents take their children to the dentist for regular check-ups, so it is that many parents who are already chiropractic patients themselves are bringing their children to chiropractors to have their spinal development checked.

One common question parents have relates to the need for children to have regular spinal checks. Frequently parents may ask, "What could my children have wrong with them that they would need to see a chiropractor?" The answer to that question is the trauma of a child's daily life. The spine consists of 26 vertebral segment which can be jammed or misaligned causing spinal problems called subluxations (a subluxation is pictured at the right, notice how the middle nerve is smaller and red because it's inflamed and not working very well).

Spinal Logic Chiropractic

Dr. Mike Woolard

A **subluxation** is a misalignment of the vertebra that will pinch or irritate the nerves.



What Kind of Trauma Has Your Child Experienced?

A young spine, with few exceptions, usually develops perfectly by the end of pregnancy. It's what happens around the time of birth and in the months thereafter which can sometimes upset the normal functioning of the spine. Spinal segments can be pushed out of place or jammed by the position of the baby in the womb, or can suffer similar problems during labor from the trauma of the trip through the birth canal, or from the

birthing process itself. Medical research has identified the fact that many problems early in a child's life can come from birth trauma. Spinal problems can also occur as a result of the frequent falls suffered by young infants in the first months of life. A fall from a bed, a sudden stop in an automobile, or any significant unsupported movement of the head and neck in an infant can induce excessive movement in the

spine causing vertebral subluxations. At the other end of the spine, the act of learning to walk, and the number of simple falls encountered in this way, can induce trauma to the lower spinal segments and to the large sacroiliac joints of the pelvis. Young children learning to walk also fall and hit their heads. These apparently innocent, frequently occurring events can also create spinal subluxations.