

# The Wellness Family

Dr. Harris Keeps You Informed

## P e d i a t r i c C h i r o p r a c t i c

### **Why does my child need Chiropractic care?**

This is a question that every parent asks themselves when their Chiropractor first mentions pediatric care. A parent may ask, "Does my child have a bad back?" The answer to this question, unless they suffered a severe fall, is: "No, your child doesn't have a bad back." What they do have is the beginning stages of vertebral subluxation.

### **Phases of Degeneration**

When you first came to see Dr. Harris you were probably suffering from some kind of neck or back pain and you were looking for pain relief. During your initial examination it's possible that a certain Phase of Degeneration was detected. If you were diagnosed with Phase 1 then that means that the original damage to your spine was ten to fifteen years ago. If you were diagnosed with Phase 2 that means that the original damage to your spine was about twenty to twenty-five years ago.

This means that if you are coming to see the Chiropractor when you're in your late twenties and you're at a Phase 1 of degeneration, then the damage to your spine originated when you were a preteen. So, the most obvious answer to the question of why your child may need Chiropractic care is, to avoid having your child suffer the same pain that first brought you into the practice. Spinal problems that go undetected or neglected in children become more serious problems as adults.

### **The Vertebral Subluxation Complex**

Normal everyday childhood activities can cause the vertebrae that protect the spine to lose their normal motion or position. This may have resulting effects:

- Delicate nerve tissue can be damaged, resulting in interference with the brain's ability to send nerve impulses to organs, tissues and muscles.
- Discs, blood vessels and other soft tissues can swell and become inflamed.
- The body may respond with bone spurs and other abnormal bone growth.
- Various systems throughout the body may malfunction or breakdown.

In each of these examples, pain or other obvious symptoms may not be present at the time; yet optimum health and well-being have already been compromised.

### **Chiropractic Care and the Newborn**

Even following the most natural childbirth methods, the birth process can be one of the most traumatic events of your child's life. The spine, which protects the important nerve pathways of the spinal cord, can be injured during delivery, and as a result, more and more parents are having their newborns checked for spine-related problems immediately after birth.



*"Many common childhood disorders may be the result of nervous system interference."*

Yet birth trauma is just one of the reasons to have your child checked. Being lifted incorrectly in and out of a car seat or during a diaper changing can cause strain to your child's spine.

This strain can cause minor interferences in the nerve messages, which can manifest themselves in numerous ways. Such as:

- Colic
- Colds
- Earaches or Ear Infections
- Stomach Disorders

### **Chiropractic Care and the Toddler/Preschooler**

During the first few years of your child's life they will develop from a helpless infant into a fearless adventurer. Bumps and falls naturally come with your child's desire to learn everything about the world around them in the quickest amount of time possible,

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but these bumps and falls will cause trauma to the spine. When spinal bones lose their normal position or ability to move during this stage of tremendous physical growth, permanent deformities can occur. Left uncorrected, these small cumulative traumas can have far-reaching effects.

While a doctor of Chiropractic doesn't treat or cure illnesses, many common childhood disorders may be the result of nervous system interference or malfunction caused by spine related problems:

- Hyperactivity
- Learning disorders
- Bedwetting
- Allergies and Asthma

This is just the tip of the iceberg, but appropriate Chiropractic care can help locate and correct these problems and restore normal spinal and nervous system function.

### ***Chiropractic Care and the Adolescent***

As your child matures he or she is experiencing a time of increased physical and mental development, and physical development during this critical stage of your child's life is permanent. The growth plates which allow their bones to assume adult proportions will soon disappear, making permanent any current deformities or imbalances. These are very real, despite the fact that they are generally unrecognized and universally shrugged off as "growing pains." This is the time to locate and correct any spine-related abnormalities before they become permanent adult problems.

A healthy spine is all about healthy function; that function can be interfered with or interrupted

completely by outside influences. Consider the following important facts about this significant developmental stage of your child.

- Posture – Improper posture can cultivate scoliosis, a devastating sideways curvature of the spine. If caught in its early stages, it is more easily corrected.
- Sports Competition – Many sports activities require repeated one-sided swings, kicks or throws that tend to overdevelop one side of the body. This imbalance can affect the muscles that support the spine.
- Study Habits – During this time of significant growth in mental capacity, nervous system interferences can affect study habits and interest in school.
- Spinal Hygiene – Your doctor of Chiropractic is the only health care professional dedicated to the elimination and prevention of the Vertebral Subluxation Complex. Spinal hygiene at this age is easy to teach and can pay a lifetime of dividends.

### ***In Summary***

Children of all ages can respond quickly to Chiropractic care. Special adjusting techniques are used for each individual age group and children seem to intuitively understand that adjustments are good for them. Chiropractic care that detects and helps correct the Vertebral Subluxation Complex gives your child the very best chance for a happy, healthy life at any age.

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*Dear Patient,*

*Dr. Harris is dedicated to providing you with the absolute best in wellness care for your entire family. With this in mind, please take a moment to speak with Dr. Harris today regarding any questions you may have about your overall health.*

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