

Chiropractic and Children

Many spinal problems begin in childhood and develop gradually. Chiropractic approaches spinal and overall health care from a preventative point of view. Catch a problem before it develops and it can be corrected much quicker.

Right from birth, your child's spine is subjected to daily stresses. The birth process is one of the most traumatic experiences many of us will ever go through. An infant's neck must be bent one way and then the other in order to pass through the birth canal. This can leave a baby's neck with subluxations or misalignments, which can be corrected with Chiropractic treatment. Yes, even a one-day-old infant can be adjusted! I have been to hospitals and seen the reward of the delivering the first adjustment to a newborn. As you watch your child grow and develop I'm sure that you are amazed at how many things she/he does that put stress on their spine. Sleeping on their back with the head turned to one side all night long - which is common for all infants - is a good example

As your child grows, other problems may arise and just to mention one that is very prevalent in society, scoliosis. Scoliosis is an abnormal sideways curvature of the spine, which if not detected early may become a serious disfiguring problem. It is important that, when present, it is caught before a child begins his or her "growth spurt" at approximately 12-16 years of age because scoliosis can progress rapidly during these years.

Studies show us a much higher prevalence of back pain in children than previously thought. In a study of kids aged 12-15 years old (Olsen et al., 1992, Am. J. Public Health) 30.4% reported a history of low back pain. Mierau and Cassidy (1984) found that 22.8% of elementary school and 33.3% of secondary school aged children complained of low back pain. So don't simply pass off a child's complaint of aches and pains as "growing pains" because there may very well be something real causing his or her pain.

Nowadays. Parents do not think twice about the importance of regular dental visits for their kids. Check-ups are scheduled every six months to help prevent cavities. When you consider that children use their teeth only when they eat, yet they use their spine every time they sit, stand, run, crawl, play and move. Shouldn't they receive regular check-ups for one of the most important structures in their body?

For further information about chiropractic and how it could help you and your family contact us at:

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