



CENTRAL CONNECTICUT CHIROPRACTIC

Dr. Luigi DiRubba

Why Chiropractic Care for Children?

Why?

Children are as susceptible to trauma in their spines from various activities and events. These micro traumas can subluxate the vertebrae of the spine, placing pressure on their spinal nerves and therefore decreasing their bodies' ability to function normally. Although symptoms, such as pain and malfunction may not show up for years, injury to their vital nervous system can have a lifetime of damaging effects.

When?

Children should be checked right after birth because of the potential damaging effects of the birth process. Even the most natural births are somewhat traumatic to the infant and may have "hidden damage". Studies show that many children who experience symptoms of colic, ear-infections, and asthma have spinal subluxations impairing their nervous system. Early detection and correction can prevent layers of damage from occurring in the child's vital nervous system. Accumulated damage will have lifelong consequences.

Does it hurt?

Chiropractors specializing in children use specific, gentle techniques to care for children. On the very young, the adjustment is as light as a finger touch. Doctor of Chiropractic who are members of the International Chiropractic Pediatric Association have taken post-graduate classes on specific techniques for pregnant mothers, infants, and children to enhance their skills in this field.

How?

Most of the members of the International Chiropractic Pediatric Association offer complimentary consultations, giving parents the opportunity to meet them, find out about chiropractic for their families and discuss their individual needs.

Will my pediatrician suggest that my baby get checked by a chiropractor?

The pediatrician uses medications and surgical procedures to treat and cure medical conditions.

The Chiropractor reduces neurological stresses that interfere with optimal development and the expression of natural health. Chiropractors are trained to improve a person's growth, development, and the expression of natural health. *They are not in conflict or competition.*

They are simply different.

Just as it is wise to see a dentist to check and keep your teeth healthy, it is wise to have your spine checked while it is **healthy**, not wait until there are symptoms to which you must react.

Colic and Chiropractic

Almost all infants develop periods of fussiness. This is often referred to as colic. It has been defined as periods of irritability, fussiness, and inconsolable crying in a healthy baby (that lasts for at least three hours a day, at least three days a week).

Pain from sources other than the gastrointestinal tract can be improperly diagnosed as colic. If a baby is crying inconsolably, it is very difficult to know if he is actually suffering from a digestive disturbance. Since many subluxations in infants are in the upper cervical area, there is a strong possibility, especially when there has been a history of birth trauma that these babies are suffering from head and neck pain due to spinal subluxations in this area.

In a study looking at babies receiving chiropractic care for colic, 94 percent of parents saw improvement in their baby's behavior within two weeks of initiation of care. A little over half of these babies had already been unsuccessfully treated, usually by pharmacological means (Klougart et al., 1989). Another study found 91 percent of babies experienced a reduction in colicky behavior following as little as two chiropractic adjustments (Nilsson, 1985).

Your Doctor of Chiropractic is a representative of the world's largest drugless healing profession, and a healing science most modern in concept.

Rather than administering drugs, your chiropractor determines if neurological complications are at the root of the problem, then he works to eliminate this basic cause, thus restoring and maintaining health.

Keeping you healthy is better than waiting for sickness to strike. It is to your greatest advantage to visit your doctor of chiropractic on a regular basis

**While we try
to teach our children
all about life,
Our children teach us
what life is all about.**

Angela Schwindt

Bedwetting

Bedwetting takes a tremendous toll on children; Lack of bladder control can cause:

- Embarrassment
- Alarms
- No sleepovers
- Plastic mattress covers
- Frustration
- Unable to fit in diapers
- Shame
- Guilt
- Impaired social skills

Up to the age of four or five, most children have poor bladder control at night. But after that, the inability to stay dry night is a sign of an underlying problem. While chiropractic is not a treatment for bedwetting (nocturnal enuresis), countless children have been helped with safe and natural chiropractic care.

Bladder Physiology

Two key muscles control the emptying of the bladder. Their technical names are the detrusor and trigone muscles. Nerves that exit the spinal column in the lower back and sacrum control these muscles.

During the early years of life, the sacrum has five separate segments. Later, they fuse together to form the triangular-shaped bone that adults have at the base of the spine. If these segments misalign (falling, learning to walk, ride a bike, etc.) they can compromise nerves that are responsible for bladder function.

We look for these sometimes-subtle misalignments during our examination. When these misalignments are reduced with safe and natural chiropractic adjustments, nervous system control and regulation of the bladder can be restored.

Published Research

The Journal of Manipulative and Physiological Therapeutics document many studies showing the positive benefits of chiropractic care.

- A study of 46 children received chiropractic care for a 10week period. A quarter of those receiving chiropractic care had 50% or more reduction in the wet night frequency, while none among the control group saw a reduction. (JMPT 1994 (Nov-Dec);17 (9): 596-600)
- Children with a history of persistent bed-wetting received eight chiropractic adjustments. The number of wet nights fell from seven per week to four. (JMPT 1991 (Feb);14 (2): 110-115)

The lumbar spine of an eight-year-old male bed wetter was adjusted once and at a one-month follow-up. There was a complete resolution of enuresis. "This happened in a manner that could not be attributed to time or placebo effect." (JMPT 1994 (Jun);17 (5): 335-338)

Chiropractic has produced tremendous results among bedwetters with neurological compromise.

Will Chiropractic Care Help?

Since chiropractic is not a treatment for bedwetting, a thorough examination is necessary. If the bedwetting is caused by nerve interference from the spine, many children see great results with chiropractic care. Find out!

Backpack Safety is a Back-to-School Issue

Concern over children and their backpacks continues to grow. An article appearing in the September 8, 2003, issue of The Times Herald features this problem by noting, "Trudging their way around the school campus or to the bus stop, hunched-over kids could be dealing themselves a lifetime of back pain, experts warn."

The US Consumer Product Safety Commission estimates that 6,512 emergency room visits each year result from injuries related to book bags. CPSC also cites the statistic that backpack-related injuries are up 256 percent since 1996. The issue has become so widespread, that the California State Assembly passed legislation that forces school districts to develop ways of reducing the weight of students' backpacks. Other states are also considering similar legislation.

In an online survey conducted last year of more than 200 chiropractors responding from across North America at www.backpacksafe.com, it was learned that:



- 89 percent of chiropractors surveyed responded that they have seen patients (ages 5-18) reporting back, neck or shoulder pain caused by heavy backpacks.
- 71 percent of chiropractors presently seeing such patients responded that they are currently seeing one to four patients (ages 5-18) reporting back, neck or shoulder pain caused by heavy backpacks.

- 20 percent of chiropractors presently seeing such patients responded that they are currently seeing five to nine patients (ages 5-18) reporting back, neck or shoulder pain caused by heavy backpacks.



- 9 percent of chiropractors presently seeing such patients responded that they are currently seeing 10 or more patients (ages 5-18) due to back, neck or shoulder caused by heavy backpacks.

The American Chiropractic Association has offered the following tips to help prevent backpack problems in school children. Those tips include:

- Make sure your child's backpack weighs no more than 5 to 10 percent of his or her body weight.
- The backpack should never hang more than four inches below the waistline.
- Urge your child to wear both shoulder straps, and wide, padded straps are very important.
- The shoulder straps should be adjustable so the backpack can be fitted to your child's body.
- The over-packing of backpacks was featured in a recent study conducted in Italy. In this study it was found that the average child carries a backpack that would be the 29-pound load for a 132-pound woman.
- If your backpack does not weigh less than 10% of your body weight, please be checked by a Chiropractor.

What seems to be a small problem in school will develop into a much larger problem later in life if nothing is done about it now.

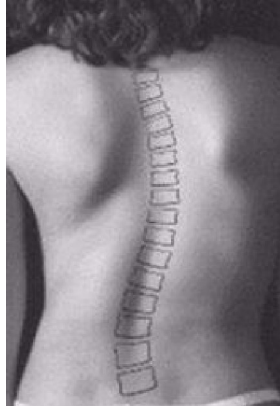
Scoliosis

What Is It?

Scoliosis is a side to side curvature of the spine which is most often first noted in childhood. When viewed from behind, the spine should be straight.

There are two main types of scoliosis:

1. PRIMARY (idiopathic) - the cause is not known, and it is most frequently found in young females
2. SECONDARY (compensatory) - the result of a readily identifiable cause such as poor posture, Subluxation, different leg lengths, injury, or disease.



In both cases the curvature develops slowly, usually during the growth years from age 12 to 16. In severe cases, the spinal curvature may be disfiguring and cause the rib cage to compress the heart and lungs causing them to work improperly.

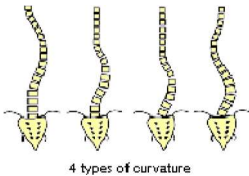
How to Detect It

Early detection is essential if treatment is to be effective. Because the spine continues to grow until into the early 20s, if left uncorrected it often worsens. Once the curvature is fully developed, correction by any means becomes much more difficult and serious complications are more likely.

If your child has not had a chiropractor examine their spine, it would be wise to arrange that by the time they reach age 12. This would include a detailed physical examination, and if warranted,

x-rays. In the meantime, here are several things to look for. • While standing behind your child, check the level of the ears, shoulders, and hips. Each pair should be approximately equal.

Have the child bend forward. The spine should be straight as they bend, not veer to either side; both sides of the rib cage should be at approximately the same level.



Pay attention to any symptoms your child reports such as "growing pains", fatigue, or back or leg pain. Scoliosis may not cause any symptoms so a thorough chiropractic examination may be required.

What Can Be Done?

If scoliosis is present or suspected, your child's spine should be reassessed at least at 6 month intervals. Your chiropractor is able to determine which approach to treatment is most advisable. Chiropractic care may include spinal adjustments, exercise, and postural and activity advice. Severe cases are referred for additional care.

Chiropractic care maintains the mobility of the joints of the spine and allows the spine to develop normally. Proper treatment can prevent progression of the curve and may help reduce it. With scoliosis particularly, an ounce of prevention is worth a pound of cure.

Children are the living messages we send to a time we will not see. – John W. Whitehead

Asthma

Chiropractic is not a treatment for asthma. However, many who suffer from asthma report improvement by receiving chiropractic care.



Considerable research documents the link between the spinal column, the nervous system, and the respiratory system. This is why so many people have mentioned improved breathing by consulting our office. Drugs may temporarily reduce symptoms but ignore any underlying nerve disturbance.

Countless Causes

Asthma cases seem to be rising at an alarming rate. Some think it's due to a combination of factors, especially the increase of chemicals in our environment. These days, airtight, super insulated homes can trap chemicals, molds, formaldehyde, and other irritants. Even the increasing use of vaccinations, cesarean births, antibiotics, and our fascination with germ killing have been cited.

If these factors were the only issue, why wouldn't *all* children living in the same house and breathing the same air suffer equally?

Chiropractic Connection

Your diaphragm is the primary muscle used for breathing. Nerves that control each breath leave your brain and exit the spinal cord in the mid-neck (C3, C4 and C5) area. Spinal problems in this area can have a profound effect on the nerve supply to the diaphragm. Reducing subluxations in the spine can help restore proper nervous system control of the lungs and improved function can begin.

Proven Research

In fact, research published in the Journal of Vertebral Subluxation Research documented the results experienced by 81 children with asthma who received chiropractic care. The two-month study revealed that those under care saw a 45% decrease in the number of "attacks" and that 31% of the subjects voluntarily chose to decrease their medication. Improved nervous system control of the lungs is the main cause of such drastic improvements. Chiropractic care may help reduce the frequency and severity of asthma attacks. Naturally, we can't make any promises; however, if your child has subluxations, and they are the cause of their symptoms, many have found relief with conservative chiropractic care.



Ear Infections (Otitis Media)

Many young children suffer from recurrent, painful, and sometimes chronic ear infections. Technically an infection of the middle ear (most common in children) is known as Otitis Media. Ear infections can be very painful and may eventually result in permanent damage.

Some children suffer from recurrent ear infections, revealing that chronic ear infections are merely a symptom of a larger problem. Chiropractic adjustments to the neck and upper back can help eliminate the cause of chronic ear infections.

The middle ear is kept dry by drainage through the Eustachian tube which runs from the middle ear to the back of the throat. When the upper vertebrae no longer move properly a blockage of the Eustachian tube occurs and drainage of the middle ear stops.

Since the middle ear cannot be kept dry and drain properly, bacteria and viruses begin to grow, causing your child's ear infection. Chiropractic adjustments further help your child by removing any nerve interference that may decrease the strength of the immune system. Once the body is free of nerve interference, your nerve system is able to properly orchestrate the complex and delicate process that is needed to fight the ear infection.



Chiropractic adjustments are safe for all family members.

Chiropractic adjustments to the neck and upper back help restore proper motion to the vertebrae. Once proper joint motion is restored, elimination of nerve interference and drainage of the Eustachian tubes can occur, allowing your body's immune system to effectively fight the infection.

Traditional medical treatment usually consists of antibiotics. However, many ear infections are caused by viruses and thus antibiotics are completely ineffective in treating ear infections. For children who suffer from chronic, recurrent ear infections, tiny tubes placed within the ear to help drainage, may be recommended.

Unfortunately, inserting tubes in the ears may not help and in some children can result in scar tissue formation on the ear drum and cause future hearing loss. If your children have ear infections, chances are they have nerve interference, and they need to have their neck examined by a chiropractor. Your chiropractor will be able to make additional recommendations to help your child and to promote better health.

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Pregnancy

This period of rapid development, hormonal changes, the laxity of connective ligaments, and shifting of weight-bearing structures, may cause many pregnant women to experience low back pain. Chiropractic care can be quite helpful.



Besides helping to relieve the discomfort many expectant mothers experience chiropractic care helps normalize nerve system function. This is an important component of overall good health. The benefits of chiropractic care may also be noticed during delivery. Many chiropractic patients report that their deliveries were faster and more comfortable than deliveries before chiropractic care.

Your Doctor of Chiropractic will take special precautions with you during your pregnancy.

Modifications to the table or adjusting techniques are made during each stage of pregnancy.



Pamper yourself and your baby with regular chiropractic checkups

How Else Can Chiropractic help?

Often Chiropractors who focus on pregnancy are trained in a technique known as the **Webster Technique**. This is a set of adjustments that help reduce any tension place on the uterus allowing it to relax. When the uterus is relaxed, the baby will often turn into the proper head down position, reducing the risk of a breech baby. For more information ask your Chiropractor or midwife.

Along with Chiropractic adjustments, regular exercise is essential.

Be sure to ask your Chiropractor for specific exercises for you.

Some general recommendations are:

Swimming- Swimming is great exercise because it uses large muscle groups (arms and legs). Though low impact, it provides good cardiovascular benefits and allows you to feel weightless despite the extra pounds of pregnancy. It is also a very safe form of exercise because the risk of injury is low.

Stretching- Stretching is essential to keep your spine strong and free of subluxations.

Proper Posture- Great posture is key to keep the physical stress on your spine to a minimum. Keep your head over your shoulders and keep your shoulders over your hips.

For specific research studies, refer to <http://icpa4kids.com>

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