

# Chiropractic Care for Kids!

Frequently, when a child comes walking out (or carried out by their parents if they're too small to walk) of my adjustment room, other patients who are in the waiting room look puzzled. They wonder why a child, even one that may only be 1 year old, is going to see a chiropractor.

“A child doesn't have back pain, do they?” they ponder. “Why would kid need chiropractic care?”

## Caring for Smaller Spines

Let's start by talking about the philosophy of chiropractic, which applies to every person—young or old. A chiropractor does not only treat back and neck pain, but rather helps keep your spine healthy. Chiropractic's entire approach is based on the fact that the health of your spine impacts your entire nervous system. The nervous system controls and coordinates the function of all the systems in the body: circulatory, respiratory, digestive, eliminative, hormonal and immune. That means that a healthy spine plays a big role in your overall health and wellbeing.

When a chiropractor releases spinal nerve stress, your child's body can function at its best. For example, a healthy spine enables your child's immune system to work more efficiently, so their body can better fight off germs and respond to pollen and toxins.

Kids don't work 9–5 or hurt their bodies the same way an adult may, but as a child is growing, their little bodies can still be put under a lot of stress from their everyday activities of crawling, running, jumping, twisting and playing. That daily activity can injure the spine and nervous system a little bit each day. Over time, those little injuries build up and the bones and joints in the spine can misalign, ever so slightly. If those misalignments aren't corrected, it can lead to spinal degeneration and other problems down the road.

Have you ever seen an elderly person whose upper back is severely hunched? Did they just wake up like that one day? Or did their condition develop over time, through the accumulation of trauma and stress on their spine?

All those bumps and falls, growth spurts, sport injuries and bad postural habits when we were children can impact our health when we are older.



### Little Bodies, Little Spines

*Even kids put regular stress on their spine.*

*The most common stressors include:*

- » childbirth process
- » injuries & falls
- » carrying heavy backpacks
- » slouching while reading
- » sports
- » video games
- » playing



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**Franklin Back  
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## Preventative Wellness Care

Caring for the health of your spine is a form of preventative care. Not only does it improve your overall wellbeing, but chiropractic care can help prevent spinal disorders (like scoliosis) in children and reduce spinal degeneration (like arthritis) as they grow into adulthood.

For example, if caught early, scoliosis can be helped and even reduced through chiropractic care—without the need of a brace or surgery. Scoliosis often goes unnoticed in its early stages and gets harder to treat in later stages. Early detection and correction is critical for successful treatment, so why wait?

Chiropractic treatment has been proven a safe, effective and natural form of treatment for musculoskeletal disorders (like scoliosis), sport injuries, headaches, and even relief from growing pains. It's safe for children from the moment they're born (the techniques are different for babies) until they grow old.

You take your child to the dentist to prevent cavities... Why not prevent spinal problems from developing too, through chiropractic care?



## How Chiropractic Care Helps Kids:

- » Recurrent Ear Infections
- » Scoliosis (Prevention and Treatment)
- » Injuries/Falls
- » Athletic Performance/Sport Injuries
- » Ergonomics/Biomechanics/Backpack-wearing
- » Headaches
- » Neck and Back Pain
- » Promotes a Healthy Nervous System
- » Proper Growth and Development

Thank you for reading this newsletter. For more information on Chiropractic's role in Pediatric care, please visit the following website: [www.icpa4kids.com](http://www.icpa4kids.com)



## Complimentary Spinal Examination for Kids

Aged 1 month –15 years old

*Let's make the world healthier,  
1 little spine at a time.*

**Call today**  
to schedule your appointment  
with Dr. Julian

### MILFORD:

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**MON:** 9am-6pm

**TUE:** 10am-6:30pm

**WED:** 9am-6pm

**THU:** 9am-6pm

**FRI:** 9am-noon



*Safe, gentle chiropractic methods  
are used for treating little spines.*

