

Scoliosis

With the school year in full swing children are sure to be lugging their heavy book-bags around on their backs. Parents should be aware of their children's posture as well as their children suffering from back pain. Adolescent scoliosis usually begins at age 10 and can progress until skeletal maturity, with the most rapid growth occurring between 12 and 16. Scoliosis is a lateral bending and twisting of the spine, which usually affects females: 9: 1. The location of the curvature is usually in the thoracic spine, which is the area between your neck and low back. The cause of scoliosis is generally unknown, but there are some factors that can be implicated. These factors are connective tissue disease, diet, enzymes, muscular imbalance, and genetic predisposition. There is usually no pain associated with scoliosis, which is why it is important to have your children checked regularly.

Chiropractic And Colic

Colic is a condition that affects many infants that can be very stressful for parents. This is when children are very cranky and upset. They cry frequently and do not sleep well. A few recent studies suggest that Chiropractic can be helpful for children with colic.

One study took two groups of children. One group was treated with dimethicone (a commonly used drug for the treatment of colic). The other group received spinal manipulations.

The results showed that the group, which was manipulated, showed a reduction in crying time by the 4th day of treatment by 2.4 hours as opposed to one hour by the medicated group. By the eighth day, crying times were reduced by 2.7 hours in the manipulated group as opposed to only 1 hour still in the medicated group.

Can Chiropractic Help With Ear Infections?

The answer is yes and it offers a drug free method of treatment for ear infections. Otitis media is a generic name for several conditions that can affect the middle ear. A common cause of otitis media is a build-up of fluid within the ear canal. This stagnant fluid can lead to infection. Otitis media is the leading cause of visits to the pediatrician. The usual treatment by conventional medicine for otitis media is a 10-day regiment of antibiotics such as amoxicillin. Many times the antibiotics are not effective. A growing concern is that there is a buildup of resistance to antibiotics over time when they are frequently used. This is a concern because antibiotics will cease to be effective if a resistance is built-up.

Chiropractic care offers a drug free solution to ear infections. Research shows that motor nerve fibers from the Eustachian tubes, specifically the tensor veli palatine muscle can be traced back to the cervical spine in the C1-C4 region. When there is cervical joint dysfunction, this can affect the nerve and in turn affect the tensor veli palatine muscle. This muscle helps to drain the ear canal. If the muscle is not working properly, then the ear canal does not drain properly. By adjusting the cervical spine and removing the nerve irritation, the muscle is able to work properly and drain the ear canal. This helps with ear infections caused by fluid build-up in the ear. The frequency of visits varies from person to person. Children with weaker immune systems will require more treatments while their immune system gets stronger.

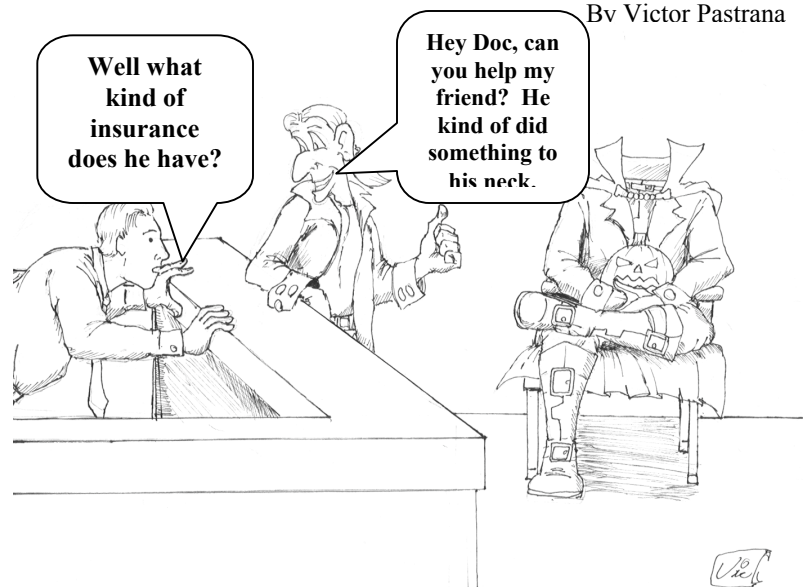
There are also certain risk factors that put children at a greater risk for ear infections. These include: pacifiers, second hand smoke from cigarettes, food allergies and sensitivities. Although Chiropractic will not help with all cases of otitis media, it is a drug free alternative that can help some children who suffer from this condition.

Attention Deficit Hyperactivity Disorder

Attention Deficit Hyperactivity Disorder (ADHD) is a behavioral disorder found in children. Common symptoms include distractibility, inattention, hyperactivity, and impulsiveness. Boys are 6-9x more likely to suffer from ADHD than girls. This is one of the reasons why it goes unrecognized in girls. Very often children who have ADHD are quite intelligent but because of their lack of attention they are unable to score well on tests in school. Mainstream medicine treats this condition with drugs such as Dexedrine, Cylert and Ritalin all of which stimulate the nervous system. Some side affects of these drugs include insomnia, nervous tics, loss of appetite, and arrhythmia. Side effects of Ritalin include addiction and psychosis in chronic users. The precise cause of ADHD is unknown but some theories include food allergies and exposure to heavy metals. Some studies also suggest that Chiropractic care can be helpful in children with ADHD. Some dietary recommendations include the reduction of processed foods, sugar, and soda pop. Rather, children should be encouraged to eat more fruits and vegetables.

Lumbar Loonies

By Victor Pastrana



To make an appointment at All Family Chiropractic call (914) 375-0050

Office Hours: Mon., Wed., & Fri. 8:30am to 7:30pm and Sat. 10-2 or by appointment. Call Today!!!