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3 Myths About Chiropractic Care for Children

The autumn season is now upon us. Our kids are back to school and many of them have returned to their various sports and activities. Adults, at this time of year, get back to their routines. Part of this routine, for many adults, is getting back on track with their chiropractic care. There is something to say for getting your spine in proper alignment in order to get the rest of your life and health in alignment. This philosophy can work just as well for our children. Many people haven't even considered bringing their kids for a chiropractic check-up to get them functioning better. I am going to dispel a few myths regarding chiropractic and children to bring about more awareness of having your whole family benefit from care.

Myth #1. Chiropractic care for children is new- When someone finds out for the first time that chiropractors adjust children, they might get the

perception that it's a new thing- which is to say untested, experimental and dangerous. That isn't the case. If you go back to 1910, the founder of chiropractic, D.D. Palmer, indicated how important it is to check a child's spine from birth and throughout life. Since the 1980s, pediatric care has been taught in chiropractic colleges. Pediatric courses are available to licensed chiropractors for continuing education. Numerous research studies have shown children benefit from chiropractic care. All the doctors in our office are very experienced with adjusting kids. We also have had our own children under chiropractic care since birth.

Myth #2. Children don't need chiropractic care- We can start to see imbalances in a child even one week old who, for example, is favoring, turning their head to one side. This could have resulted from a tough delivery. As one goes through childhood, there are falls, injuries, computer/phone postural stressors, etc. that can create body imbalances and health complications. The sooner these imbalances can be addressed the better. Why not give our children the best chance of being healthy throughout their life by correcting imbalances as early as possible. Chiropractic care for kids is great for preventing chronic conditions that plague us as adults.

Myth #3. Chiropractors adjust children the same way as they do an adult- This myth is what terrifies

some parents when they are considering taking their kids to see a chiropractor. The truth is, when adjusting children, heavy pressure is never applied. Far less force as it may be for adults. In our office, our doctors are all advanced certified in Activator Methods, which is using an adjusting instrument. There are force settings on our instrument that precisely give a high speed, low force thrust. We use the lower force settings with kids even though all settings are very comfortable for each patient.

So don't delay giving your kids the gift of chiropractic. It will make them healthier, happier and perform better. Give our office a call to see if your children can benefit from chiropractic.

From Myth to Understanding



Call **529-9069** today
for a **FREE CONSULTATION**



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