



Chiropractic

Early Intervention and Neuromusculoskeletal Health



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What is chiropractic?

- Diagnosis, treatment, and prevention of disorders of the neuromusculoskeletal system and its effects on general health (WHO)
- Largest, most regulated, drug-free, primary healthcare profession in the western world
- Most common Complementary and Integrative Medicine used by children
- The **nervous system** controls and co-ordinates the body's function, adjustments keep the communication channels to the rest of the body flowing freely

Why Chiropractic?

- ▶ Spinal manipulation improves function and quality of life by restoring normal function and biomechanics
- ▶ Muscle imbalances lead to musculoskeletal pain which leads to unbalanced activity, poor posture and/or repetitive strain
- ▶ Due to the implications of incorrect developmental patterns, it is important that a child follows a normal development sequence
- ▶ Spinal manipulation appears to alter the net excitability of the low-threshold motor units, increase cortical drive, and prevent fatigue (Niazi, *et al.* 2015)

Why Chiro for Kids?



- Children are subjected to 2 major challenges during development:
 1. Birth trauma or stress
 2. In the first year of life a child develops from a lying infant, to a crawling baby, to a walking toddler
- Gentle spinal manipulative techniques tailored to the age of baby to help relax stiff joints and stimulate the nervous & immune systems.
- It's never too soon.
- One adjustment in a child is worth 50 in an adult

- ▶ The goal of treatment is prevention rather than cure
- ▶ To alleviate or eliminate asymmetries in spinal structure, posture/gait and the symptoms thereof
- ▶ Imbalances or asymmetry with muscular function
- ▶ Sensory system



Children come into
This world ready to
learn, love and play.

Ingrid Bauer

Early Intervention



- ▶ Early intervention for children with developmental disabilities can yield significant improvements in **cognitive, academic, and social** outcomes (Ramey & Ramey, 1998)
- ▶ **Neuroplasticity** provides us with a brain that can adapt not only to changes inflicted by damage, but allows adaptation to **any and all experiences** and changes we may encounter
- ▶ Incorrect motor development can lead to a multitude of issues later in life, and therefore needs to be addressed as early as possible to ensure long term benefits

Common Conditions we treat in Kids

- ▶ Colic / Excessive Crying
- ▶ Reflux
- ▶ Developmental Delays / Asymmetrical development
- ▶ Feeding/latching issues
- ▶ Constipation
- ▶ Growing pains
- ▶ Sports injuries



Effects Chiropractic Care

- ▶ 1/10 infants sleep better (Cochrane 2012, Browning 2005, Hagen 2007)
- ▶ Decreased hours of Crying (Cochrane 2012)
- ▶ Decrease hospital stay in preterm infants (Cerritelli *et al.* 2013)
- ▶ Improve quality of life in paediatric asthmatic patients (Bronfort *et al.* 2001)

