

# OPTIMAL HEALTH UNIVERSITY™

Presented by Dr. Michiel Rorick

## Five Reasons Your Child Needs a Chiropractic Checkup

*Are you leaving your children at home while you visit Dr. Rorick? Why not make chiropractic a family affair? Read on to learn five reasons why your little ones need chiropractic care.*

### 1. Subluxation Stopper

Spinal problems can start earlier than you might think — much earlier. In fact, the birthing process itself has been shown to wreak havoc on a baby's spine. And, if you've ever watched a toddler struggling to master the art of walking, you know that learning to walk is marked by constant stumbles. Older children are also at risk of spinal trauma. Sports activities, poor posture ("slouching") and working at an improperly sized desk all exact a toll.

It's no wonder that many youngsters develop a spinal condition called vertebral subluxation. This condition occurs when spinal movement is restricted or bones (vertebrae) are out of alignment. Vertebral subluxation is linked with a myriad of childhood ailments, such as colic, asthma, ear infection and attention disorders. As



children age, untreated vertebral subluxations may also spark headache, back pain and carpal tunnel syndrome.

Dr. Rorick works to correct vertebral subluxations before the onset of symptoms — and to prevent new vertebral subluxations from forming. This is accomplished with safe and effective maneuvers called chiropractic adjustments.

Doctors of chiropractic use extremely gentle, modified adjusting techniques to alleviate spinal problems in pediatric patients. Dr. Rorick also focuses on creating a welcoming environment by addressing young patients' concerns in language that they readily understand.

### 2. Ergonomic Answers

Ergonomics is the study of work activities, equipment and posture to minimize the risk of occupational injuries and illness. Discussions about ergonomics are typically reserved for adult work environments — a practice that doctors of chiropractors are striving to change.

Chiropractors encourage youths and their parents to re-evaluate their ergonomic circumstances. Slouching over a too-big or too-small desk, using a computer without considerations for postural integrity and schlepping a crammed backpack for hours each day are ergonomic nightmares that incite long-term damage in many children — predisposing them to vertebral subluxation, headache, back pain and



neck pain for years to come. In fact, the Consumer Product Safety Commission estimates that nearly 5,000 emergency room visits each year result from injuries related to book bags and back carriers.

Although many health-care professionals ignore the implications of ergonomics in young people, chiropractors teach pediatric patients to detect ergonomic pitfalls and prevent the disorders associated with them.

### 3. Sports-Injury Solution

Is your little one an aspiring ballerina, a little-league star or a soccer buff? If your child's an athlete, chiropractic care can help avert potential sports-related strains and sprains.

Doctors of chiropractic offer sound advice aimed at preventing common sports ailments. When injuries do occur, chiropractic care may hasten healing.

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## Research Ties Vertebral Subluxation to Common Childhood Ailments

Below is a sampling of research linking vertebral subluxations with specific childhood disorders.

- ♥ **Ear Infection:** Investigators evaluated 46 children under the age of 5 with ear infections. A full 93 percent recovered within 10 days of chiropractic care (*J Manipulative Physiol Ther* 1996; 19:169-77). Another study looked at five children with recurrent middle ear infections who had been receiving medical treatment for at least six months, but had failed to recover. All the children improved with no more than five visits to their chiropractor (*J Clin Chir Ped* 1996; 1:66).
- ♥ **Colic:** In one survey of 132 parents of infants with colic, 91 percent reported that their babies improved after an average of two to three chiropractic adjustments (*Eur J Chiropr* 1985; 33:264-5). Another study of 316 babies with colic found that 94 percent benefited from chiropractic care (*J Manipulative Physiol Ther* 1989; 12).
- ♥ **Asthma:** One experiment enrolled 81 children with asthma. After two months of chiropractic care, 90 percent of subjects showed a significantly improved quality of life (*J Vertebral Sublux Res* 1997; 1:41-8). And, 76.5 percent of asthma patients in another survey reported benefiting from chiropractic (*Bull Eur Chir Union* 1978; 26:17-34).
- ♥ **ADHD:** One study conducted at Mississippi State University compared chiropractic care to placebo treatment in seven youngsters with attention problems. Five of the patients showed improved behavioral scores. The report concluded that, "chiropractic manipulation [adjustment] has the potential to become an important non-drug intervention for children with hyperactivity" (*J Manipulative Physiol Ther* 1989; 12).



### 4. Posture & Scoliosis Screening

Scoliosis — a lateral curvature of the spine — is clinically significant in 5 percent of youngsters. Early detection is key to keeping scoliosis under control and preventing the conditions associated with it, such as back pain, headache and, in severe cases, heart and lung disorders.

Most parents count on in-school screenings to catch scoliosis in their little ones. However, recent scientific studies reveal that school-based screenings are not adequate (*JAMA* 1999; 282:1427-32). Experts caution that school-based screenings are often performed by nonspecialists, are cursory and rely on tests that don't effectively identify the disorder. What's more, in-school evaluations only look for scoliosis and do not detect other types of postural maladies.

On the other hand, doctors of chiropractic are spinal specialists. Posture screenings conducted by chiropractors are extensive, including various orthopedic tests and assessments. The result is a comprehensive evaluation that provides a thorough assessment of a youngster's current spinal health and risk of future postural disorders.

### 5. Promote a Wellness-Oriented Lifestyle

What kind of wellness role model are you? Teaching your child to turn to

medication only when absolutely necessary will help him or her avoid potentially hazardous side effects and discover the body's innate healing power.

By emphasizing prevention, rather than the indiscriminate use of over-the-counter medication, you can significantly affect your child's concept of wellness — and his or her future health-related choices.

Chiropractic is an ideal introduction to the prevention-oriented approach to wellness. Schedule a chiropractic checkup for your youngster today!

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