Chiropractic Care for Kids

What does the Science Say?
Spinal function Impacts Brain Function

• We now know that spinal function is far more important for brain function than we realized\textsuperscript{1}

• adjusting dysfunctional spinal segments (subluxations) has a neuroplastic effect on the brain\textsuperscript{2-4}

• Adjusting adults changes limb sensorimotor integration\textsuperscript{2, 4-9} and multimodal integration\textsuperscript{10}

• In particular chiropractic care has been shown to change the pre-frontal cortex\textsuperscript{11}

• And makes the brain more efficiently able to produce muscle force\textsuperscript{12}
What about in Kids or Babies?

• All the above studies showing brain changes have been done in adults, but the same NZ based research group is now also looking at kids with sensory integration disorders

• Research studies underway in NZ are looking at several pediatric populations due to previous findings in adults showing chiropractic care changes sensorimotor integration (SMI) and multimodal integration (MMI)

• This is highly relevant for several pediatric populations such as ADHD, Autism, Cerebral Palsy, and kids with Sensory integration disorders
Why might Chiropractic Help these kids?

- **ADHD** kids have trouble with SMI, e.g. eye tracking or oculomotor control

- **Autism** because they have trouble inhibiting or filtering sensory information, so process too much and therefore withdraw

- Studies in **adults** shown that chiropractic care can dramatically increase the filter of somatosensory processing\(^9,^{13,14}\) so may be very helpful for these kids as well
Chiropractic Care for kids and babies is SAFE!

• According to the research literature Chiropractic care for kids is safe\textsuperscript{15-17}

• Adverse events in children receiving chiropractic care are very rare and generally involve short periods of muscle soreness that resolve without requiring any treatment.

• About 1 in every 100 or 200 younger chiropractic patients report feeling sore after their adjustment.

• Serious adverse events associated with chiropractic care are extremely rare and tend to occur in children who have significant pre-existing health issues where the chiropractor didn’t modify their technique appropriately when caring for the child.
Chiropractic Care for kids with Colic

• In a randomised controlled trial that investigated the effects of 10 days of chiropractic care on crying time in infants with colic, the babies who received chiropractic care cried significantly less than those who were in the control group.\(^{18}\)

• Their crying time reduced by about half!! \(^{18}\)

• Babies who received chiropractic care cried an hour and a half less on average after 10 days compared to the babies that received no care.\(^{18}\)

• Parents of infants suffering from colic should consider giving chiropractic a go because it could well make a real difference to their baby and their family.
Chiropractic Care for Kids with Bedwetting

• One study found that after 10 weeks the children receiving chiropractic care improved significantly over a 2 week period.\textsuperscript{19}

• The control group didn’t change at all.

• ONLY 25% of the chiropractic group ‘responded’ and had a 50% or more reduction in wet night frequency over the course of the trial.\textsuperscript{19}

• **Bottom Line:** This study suggests that it is very likely that chiropractic care really does help at least some children who are suffering from bed-wetting.
Bibliography


