



You might have been surprised to see a number of children, and even babies, in my office waiting for their chiropractic adjustment!

To better understand why parents bring their child to a chiropractor, let's remember that :

- In the uterus, a poorly positioned fetus can experience a *congenital torticollis* or a stiff neck;
- During childbirth, pressures are exerted on the child's head and neck, even in a normal, uncomplicated delivery;

- Because the baby's neck is very weak and the weight of the head is very heavy for the neck muscles, we have to be cautious when holding a baby;

- At first a child crawls on all fours. Then, little by little, they get to their feet. As the child grows and begins walking, the spinal curves also develop. This is when spinal problems may start developing.



- The child falls a countless number of times before being able to walk and run;

- The child may try to carry a heavy satchel to school or to train intensively for sport competitions. This will easily over-stress a growing body, leading to spinal overloading, subluxations and other problems that will impair the normal development and the harmonious functioning of the whole neuro-locomotor system.

Things to Watch For

With reason, chiropractic puts a considerable importance on the structural balance of the pelvis and the vertebral column, because of the neural disturbances -- peripheral and central -- that may result from these seemingly harmless childhood incidents.

Special attention should, in consequence, be given when :

- The child complains of pain
- Parents notice something unusual in their child's posture, movements and/or behaviour.

Last but not least, we chiropractors recommend, as a preventive measure, to check the spine twice a year during the growing years, just like we need a biannual dental examination by a good dentist.

A vertebral column in good condition is a necessity for the good physical development and the good state of health of your child.



For more information, please contact me at:

Healing Facilitation®

Avenue des Nénuphars 11/1
B-1160 Brussels (Auderghem)

Tel. 02 660 5765
Fax. 02 675 4545

Avenue d'Esneux 256
B-4130 Esneux (Tilff-Méry)

Tel. 04 226 1073

Email: genevieve@chiropractorbergiers.be
www.chiropractorbergiers.be

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