



Hammerich CHIROPRACTIC Clinic

363 Jane St. 416-769-8072 www.drkarin4spine.com

Dispelling Five Myths about Chiropractic Care for Children

Myth #1: *Chiropractic care of children is new.*

FALSE: The practice of Chiropractic dates back to the early 1900's. D.D. Palmer (the founder of chiropractic) described the importance of checking a child's spine from birth and throughout life to support the growing spine.

Myth #2: *Children don't need chiropractic care.*

FALSE: Birth can be one of the most traumatic events a spine experiences. Falls off bikes, bumps and bruises in early childhood lead to physical damage and can cause difficulties later. Chiropractors determine imbalances or asymmetries with muscular function or joint alignment. Addressing these early is **BETTER!** Once bad postural patterns and habits develop as they grow, they can be much more difficult to correct.

Myth #3: *Chiropractors use the same techniques on children as adults.*

FALSE: Chiropractors who treat children do not apply heavy pressure! Chiropractors are specifically trained to modify the force for the paediatric spine. Often, it is a matter of moving the child into a position of ease, holding that position and things will reset nicely on their own.

Myth #4: *There are no real experts in chiropractic care for children.*

FALSE: Many chiropractors complete accredited courses to develop child-specific skills in addition to the education they receive during their 4200 hours in core competencies. *The International Chiropractic Pediatric Association (ICPA)* was



This happy little guy knows the benefits of chiropractic care.

started in 1986 to further educate and help chiropractors to treat children. Today the ICPA has over 4000 chiropractors as members. Visit their website: www.icpa4kids.org for more information and research.

Myth #5: *Chiropractors don't collaborate with paediatricians and medical doctors.*

FALSE: Chiropractors often refer paediatric patients to medical doctors and specialists. They communicate clearly in the best interests of the child. Our roles in the care of children are complementary.

The truth is, chiropractors can and do share the benefits of their profession with patients across the **ENTIRE** age spectrum.

Read some of these paediatric case stories!!

Meet Michael

Two months old, referred by paediatrician and lactation consultant for decreased head rotation to one side, nursing dysfunction and severe discomfort whenever he is laying on his stomach.

His history: born via C-section due to breech positioning.

Treatment: Spinal adjusting and craniosacral therapy 5 times over a 3 week period

Results: Head rotation was symmetrical to both sides. Nursing was efficient & pain-free for Mother. Baby was able to lay on its tummy with no discomfort.

Meet Libby

8 years old referred by a nurse and friend of the family for a 2 year history of chronic severe constipation, gastric reflux, abdominal pain and weight loss; also poor sleep, irritability, and multiple missed school days.

Her history: Taking many laxatives and reflux medications.

Treatment: Spinal adjusting, craniosacral therapy and probiotics 7 times over a 9 week period.

Result: Constipation had completely resolved, there was significant weight gain and significant improvement in demeanour & sleep.

Know someone who would benefit from chiropractic care?
Have them call us at
416-769-8072



Anxiety Freaks Me Out!

Anxiety can come from stress or lead to stress. It can keep us on edge. It can make us strike out or cave in. Or worry, worry, worry. If we notice shortness of breath or quickness of pulse, it can even make us feel panic. Why do we sometimes feel more anxious than we think we "should"? Something may have triggered an unconscious memory of former fearful times.

In early childhood our conscious memory builds up slowly, as the brain develops. In traumatic situations our conscious memory shuts down easily, to protect us from overwhelm. The result is the same: We often can't remember why we keep thinking, feeling, or acting in certain "irrational"

Counselling

Robert MacLennan, MA,
Therapeutic Counselling



ways, and we may blame or shame ourselves as a result. Therapeutic counselling can help us uncover and defuse these hidden memories and their related feelings. Then we can begin to enjoy a greater sense of control and composure in our lives and relationships.

More on therapy approaches at www.drkarin4spine.com

Getting your golf and running on this Summer?

Check out these simple stretches to keep your back in the game!!

Go to www.chiropractic.ca for back care tips.



Osteochondrosis

RMT CORNER

Osteochondrosis is a developmental derangement of normal bone growth, primarily involving the centers of ossification in the epiphysis (the end portion of a bone that fuses to the rest of the long bone as the child grows).

Kids are in perpetual motion with soccer practices, dance or gymnastic classes, martial arts lessons or simply running, jumping and climbing. Growing pains can occur from time to time, but there are also specific conditions called osteochondroses that can occur in children as a result of prolonged or excessive physical activities during growth periods. The knee, hip and foot are common areas where these conditions can occur leading to pain, altered function and in some cases muscle atrophy. These symptoms result in part from excessive tension exerted by the surrounding muscles and the repetitive impacts that are placed on the immature skeleton.

Massage therapy treatments for children can help to relieve growing pains and facilitate the development of healthy body awareness. It also plays an important role in the rehabilitation of osteochondroses. Massage treats the tight muscles associated with the condition. We also prescribe specific stretching and strengthening exercises.

A reminder too for all of our patients that registered massage therapists are well-trained to prescribe exercises. Exercises that are specific to your needs are demonstrated and explained so that benefits from the treatments we provide at the clinic can be extended and enjoyed between your appointments.

Call the clinic today at 416-769-8072 to book a treatment with Michelle, Kathy or Maria for you and/or your kids!

\$70,000 raised • Thank you!

To all who pledged for the *Chiropractic Run/Walk*; thank you!! Over \$70,000 was raised for chiropractic education and research.



Chiropractors will be part of the Pan Am Health and Science Teams. Not only will they be caring for our Canadian athletes, but they will also be available to those from other countries who do not have a chiropractor on their team.



**Massage in-home visits
NOW AVAILABLE**

**RMT Kathy is available
for in-home visits.**

Call 416-769-8072

Do you know someone who could benefit from chiropractic care? We appreciate your referrals.