

Should I Have My Child Checked for Subluxations?

The decision to have your child checked by a Chiropractor isn't as difficult as you may think. Think about this... do you have your child checked for cavities or eye problems or any other health problems? The answer is YES! Why would the spine and nerve system be any different? Having a healthy spine and nerve system is just as important as having healthy teeth and eyes! Chiropractors ensure the spine and nerve system is healthy, just as a dentist protects the teeth and gums. Ensuring the spine is in-line (free from subluxations) means the body can properly manage its important functions. A healthy spine means better nerve function therefore a more healthy body. Proper spinal alignment means less illness, proper growth, and far less skeletal problems when a child is older. You have a special opportunity to save your child the back and spine problems that older adults in our office deal with daily because problems weren't corrected when they happened! Think of the gift you can give your child... a life free from back pain, stronger immune systems, less illness and overall better health and function. Investing in your child's health is one of the smartest and loving things you can do for them.

The answer seems clear. However, many parents worry about some common misconceptions about Chiropractic when considering care for their children, so let us help put those fears to rest so you can get your child on his/her way to better health!

Misconception #1: *My child doesn't have back problems, so they don't need a Chiropractor.*

That's like saying, my car doesn't have car problems, so I don't need to change the oil and check the tires! Small problems lead to bigger, more serious problems later on. A large portion of all back and health problems in our adult patients began as a subluxation from birth or childhood that worsen over time. Like the dentist checks for cavities during a periodic check up and only fills those teeth that need it, we check your child regularly for the need to be adjusted, if there are no subluxations present, we do not adjust them.

Misconception #2: *Chiropractic is harmful/too much force is used for a child.*

This is entirely false. Chiropractic care is natural, safe and gentle. Adjustments for children are much different than those given to an adult. Far less pressure is required to adjust a child's subluxation than for an adult. Their size and the length of time the subluxation has been present dictates this. And think about the alternative... the medications we give to our children are harmful and unnatural but we don't usually give them a second thought. Chiropractic works with the body... helping it to do what it's already trying to do. Most children find chiropractic adjustments fun and generally look forward to being checked.

Misconception #3: *Chiropractic Adjustments Hurt*

This is not true. A Chiropractic adjustment may feel "weird" or different, or the noise you hear from the vertebrae moving may cause a surprise, but pain is not usually associated with a chiropractic adjustment. You may hear children crying in our office, but this is not from any discomfort, but usually from having to sit still for a few minutes to get checked. They want to be in the play room playing! Sometimes when a child first comes to the office he/she is reminded of the doctors office where there is a lot to be afraid of, and they are scared. But soon, they see the chiropractor visit is much different and the fear eventually melts away. As they get a little older, this is not a problem and usually fight to be the first on the table!

So what's keeping you from giving the GIFT of Chiropractic to your children?