

Family Chiropractic

*Courtesy of Harbourfront Family Chiropractic
by Dr. Warren Gage*



Cranky infant?

How would you know that your two week-old is in pain? Probably the same way you would know that he or she is hungry, tired, hot, cold or has a wet diaper. Crying and fussing is the only way your infant can let you know something is wrong, hurts, or is uncomfortable.

Mothers soon learn to differentiate among their baby's cries. Moms know when baby is tired because they have a whiney cry and rub their eyes. They know when their child is hungry because they cry the same way at regular intervals and suck on their fingers. They also know that they are in pain or uncomfortable because they scream and kick their feet or draw their legs up and punch the air with their fists.

But, if your infant is in pain, and your pediatrician can't pinpoint a cause, a visit to a chiropractor may help soothe whatever ails your precious newborn.

You see, the birth process itself can be very traumatic to your baby's fragile neck and spine. Imagine your baby forging his or her way down through the birth canal, under a great deal of pressure from the mother's pushing, and perhaps the introduction of delivery aids (i.e., forceps, vacuum extraction, or emergency cesarean section). The end result can be a very compressed neck and spine, leading to subluxations (spinal misalignments), that may contribute to all sorts of conditions – headaches, colic, ear infections, asthma and allergies, to name a few.

Chiropractic adjustments for infants? Yes, of course, and the earlier the better. The force required for adjusting a baby's spine is as light as the touch you use to test the firmness of a tomato. Gentle adjustments to your infant's spine release stress on the nervous system allowing their health to function at its best.

Cranky infant and no visible cause for his or her distress? Bring your baby for an examination, and hopefully discover how Chiropractic can help even the smallest patients!