



## LAKELAND CHIROPRACTIC

▪ LIFETIME FAMILY WELLNESS ▪

### **Chiropractic Care for Children: When and Why**

*There is no such thing as too young or too old for Chiropractic care. Chiropractic patients range in years from birth to old age. Regardless of age, vertebrae can become misaligned. If a vertebrae become misaligned it can cause pressure or irritation to nerves thus causing them to malfunction. This process is known as a "Subluxation". For example, the birth process may cause trauma to the neck and spine. If left uncorrected, the vertebral subluxation may disturb the delicate spinal cord and nerves which control the infant's muscles and organs. In some cases, an uncorrected subluxations may lead to a deformity of the spinal column. An early chiropractic checkup may detect subluxations while they are still easily correctable.*

#### **When should I start my child under Chiropractic care?**

*Your child should have a chiropractic examination as soon after birth as possible. Spinal trauma to an infant's or child's spine can occur during the birth process as well as from any number of tumbles while learning to sit up or walk. Your child's spine grows almost 50% in length during that first year (the equivalent of a six-footer growing to nine feet in just 12 months!). It's this kind of tremendous growth and developmental changes which make continued chiropractic examinations so important in the early stages of your child's life.*

*In Chiropractic we believe it's much more important to prevent diseases than wait till some illness occurs. Through regular adjustments, as well as awareness on proper diet, exercise and posture, Chiropractic can help you raise a child free of subluxations whose body is structurally and functionally sound. Your child will also learn good health habits at an early age which can be very beneficial to him or her as an adult.*

*Youngsters suffer numerous accidents and falls while learning to walk, riding a bike, or even while jumping or running around. But after their tears have dried, underlying injuries could go undetected-such as a subluxation during the spine's most formative period. Regular Chiropractic spinal exams can provide corrective and preventive care for your son or daughter and peace of mind for you.*

*It is especially important to have your child under chiropractic care when your child takes part in athletic activities. The "sack" of a young quarterback could twist a young spine. A softball pitcher could throw a vertebra out of alignment. In Chiropractic we can do more than correct these problems, we can also help improve performance on and off the field by helping the body function at its optimum level, naturally without stress and without drugs.*

#### **How effective is chiropractic care for children?**

*Doctors of Chiropractic have been providing safe and effective care or children for nearly 100 years. There are several published studies conducted by researchers in Germany, Australia, Denmark and the United States which confirm the effectiveness of chiropractic for a variety of childhood illnesses. The scientific evidence is growing every day.*

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**\*\* Who do you know that could benefit from Chiropractic Care? \*\***

**SHARE WITH FRIENDS, FAMILY, AND CO-WORKERS**

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▪ LAKELAND CHIROPRACTIC IS DEDICATED TO SERVING THE COMMUNITY THROUGH CONSERVATIVE CARE AND PATIENT EDUCATION ▪

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