

Kids Too

CHIROPRACTIC
CARE FOR
KIDS?



Chiropractic Check-ups for Kids Too!

“Most of us were introduced to chiropractic as adults and we had to play catch-up.”

Kids can get checked, too. Do kids need regular blood pressure check-ups or regular tests of their blood glucose levels? Probably not – these simple procedures can be done during a child’s annual physical. But kids are very active and more frequent chiropractic check-ups are usually a good idea. Most of us were introduced to chiropractic care when we were adults – and we had to play catch-up for however long a period of time before we really began to feel healthy again. If we began chiropractic care as a younger adult, it probably didn’t take too long to restore good health. If we were

older – well, the process probably took more time.

If chiropractic care is valuable for you, imagine how valuable it is for your children. Kids are natural explorers – they run, jump, climb things, fall down, and bounce around. And, kids are resilient – this ability to recover quickly is one of the great benefits of being very young. Occasionally, one of these activity-related injuries impacts a child’s spine. Nothing obvious has happened and nothing hurts. But there may be subtle injuries to spinal muscles and spinal ligaments that have a long-term effect on spinal nerve function.

Spinal nerve function depends on mechanical integrity of the spine itself. If spinal muscles and ligaments are inflamed or irritated, spinal nerve function is

compromised to a greater or lesser extent. In a child, the short- and long-term results may include muscle pain and stiffness, loss of full range of motion in the neck or lower back, frequent colds, headaches, gastrointestinal problems, allergies, and asthma. Of course, when it comes to good health for you and your family, preventing a problem is much easier than treating a problem. In the long run, prevention also costs much less. We all want our kids to be healthy and well. We want them to play full-out, to engage in all kinds of sports, and to have a lot of fun. In order for children to continue to enjoy optimal health, regular spinal check-ups are as important as an annual physical exam. As a spinal health expert we will be glad to help you ensure your child’s continued good health.

1Barkley JE, et al: Reinforcing value of interval and continuous physical activities in children. *Physiol Behav* April 16, 2009



2Fecteau D, et al: The effect of concentrating periods of physical activity on the risk of injury in organized sports in a pediatric population. *Clin J Sport Med* 18(5):410-414, 2008

3Spinks AB, McClure RJ: Quantifying the risk of sports injury: a systematic review of activity-specific rates for children under 16 years of age. *Br J Sports Med* 41(9):548-557, 2007



BCA
BELLEVUE
CHIROPRACTIC
ASSOCIATES
BCAspine.com