

## Kids and Chiropractic Care

Children of all ages go through physical changes and challenges at various times in their lives. As a newborn, you are trying to steady and move your head without hitting your nose or someone's shoulder. As an older infant, you are trying out the crawling or walking mode of movement. With each of these comes many falls. As a toddler, you climb and continue to fall, sometimes from high places or down a few steps. As you get older, your balance and coordination improve but you still test them with various physical activities.

At NHFC, we try to fix all the skeletal and muscular responses to those physical challenges of growing up. Chiropractic care for children focuses on symmetry and alignment of the skeletal and muscular systems. As a Doctor of Chiropractic, I strive to be sure that the child's spine is straight and the muscle development is even, no matter what the age of the child.

The chiropractic adjustments are safe for children from birth on. During the early weeks and months, the adjustment may consist of a light touch or vibration. As the child's muscular strength improves, a light impulse may be needed to correct a subluxation, or area of the spine that is not functioning appropriately. All of these techniques are only performed after a thorough evaluation is done on the infant or child.

If you would like to have your child evaluated to see if there is a need for Chiropractic care, please call to set up an appointment, or call the office to speak with Dr. Meghan if you have questions.