

Infants/Babies

Conditions in newborns that can be helped with osteopathic treatment:

- Colic
- Failure to Thrive
- Delayed Developmental Milestones
- Constipation
- Fussiness
- Torticollis
- Reflux
- Plagiocephaly
- Suckling/Nursing/Feeding Problems

Conditions in infants and children that can be helped with osteopathic treatment:

- Asthma
- Behavioral Problems
- Delayed Development
- Ear Infections
- Headaches
- Joint Pain/Stiffness
- Sports Injuries
- Vision Problems
- Some Dental Issues
- Postural Problems
- Scoliosis
- Strabismus
- Slips/falls
- Head Trauma
- Dental Trauma
- Toe Walking
- Car Accidents



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Osteopathy and Newborns

Osteopathy – a system of medicine based on the theory that disturbance in the musculoskeletal system affects other body parts causing many disorders that can be corrected by various manipulative techniques in conjunction with conventional medicinal, surgical, pharmacological and other therapeutic procedures.

Osteopathic manipulation has been used for generations to treat children. It can be used to gently correct the disorders we all get from being born, as well as the bumps and bruises we all get from being children. It can help with growing pains, behavioral issues, and even the manifestations of genetic diseases. Please read on for more information.



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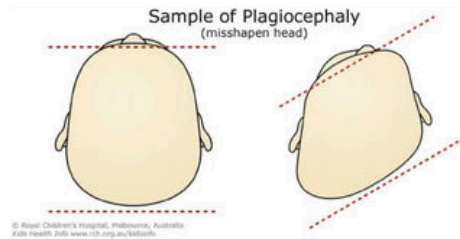


Osteopathy was developed by Andrew Taylor Still, M.D., a traditionally trained physician who lost a wife and two children to spinal meningitis with no way to help them. Deeply religious, he reasoned that if the human body and its tissues were working freely together it could heal itself from many ailments. Osteopathy has been used for over a century to successfully treat a wide variety of pediatric problems by improving structural alignment, circulation and nervous system function. It is frequently considered the safest and most gentle way to care for most common problems in adolescents and children of all ages, especially newborns.

Osteopathic Treatment of the Newborn

The birthing process can be quite traumatic and leave strain patterns in the body of mom and baby. Osteopathic care can help both mother and child.

In osteopathy, movement is life – and any impairment in movement can have an impact on your health. With a baby, that means that any force or event that causes abnormal tissue motion could cause symptoms in the child. Things such as colic, acid reflex, fussiness, learning disabilities, ADD and even failure to thrive can have their origins in altered tissue motion. Osteopaths, especially those trained in Osteopathy in the Cranial Field, are skilled in the palpation of altered motions and its gentle correction. Many children can have marked improvements in their symptoms in just a few treatments.



Positional Plagiocephaly

Positional Plagiocephaly (or "newborn flat head") can happen during delivery or over time following birth from inadequate tummy time. For sleep safety, the American Academy of Pediatrics recommends babies sleep on their backs. Since this initiative, the mis-shapen head issue has increased six-fold. The head shape tends to look like a parallelogram, often presenting with eye, cheek, forehead and ear asymmetry. Osteopathic evaluation is important during the first year of life to help the cranial bones move freely into a normal growth pattern. Restriction at the skull base can affect digestion, ear drainage, colic, motor control to the tongue, and gross motor control. The first visit for babies under six months is free. Then we can develop a treatment plan based on your baby's needs and tolerance. Treatments in the newborn are typically spaced every 1-2 weeks apart for 6 visits and then we do a re-assessment. the majority of the skull molding which happens, does so in the first 12 months, so the earlier the baby is seen the better.

Growing Pains

As your child starts to grow, they may experience "growing pains". These can occur when the bone grows, but the surrounding tissue does not keep pace. The forces on that tissue can trigger pain. These pains can be helped with treatment and help growth occur more naturally.

Ongoing Care

Slips, falls, and major trauma (things like car accidents, surgery, dental work, sports injuries, etc.) can impair normal tissue motion and benefit from treatment.

When to Have Your Child Treated

As soon after the birth process as possible, your child should be evaluated and treated osteopathically. This helps to remove as much of the trauma as possible, and not only helps the baby to latch, feed, and sleep more normally, but can significantly make the new parents' lives easier as well.

Older children should be seen soon after injury working with your Osteopath who can help you set a schedule for continued care.