

An Infant's Spine will Double in size in their first 2 years.

Infants

Why chiropractic?

- The birth process can often be very traumatic for infants, setting the stage for future issues if not addressed.
- With such rapid development happening, there is no better time to ensure your infant's spine and nervous system are functioning in the best possible way.

Physical milestones

- Rolling, sitting, crawling, cruising, standing, walking.

Chiropractic may help these issues / symptoms:

- Colic, reflux, eczema and rashes, ear infections, poor sleep, constipation, torticollis, asymmetric crawling and gait.

Toddlers

Why chiropractic?

- Toddlers are very busy! Careful first steps quickly change to walking, running and jumping, with a steep learning curve.
- Overstimulation from the environment, the introduction of new foods and the development of new motor patterns can all affect the physical development of a toddler.
- Toddlers under regular chiropractic care often get sick less, take less antibiotics or other drugs and are less susceptible to ear infections.

Physical milestones

- Walking, running, jumping, climbing, kicking.

Chiropractic may help these issues / symptoms:

- Ear infections, asthma, cold & flus, allergies, eczema, irritability & mood swings, diarrhea and constipation, delayed milestones, night terrors.



Pre-schoolers

Why chiropractic?

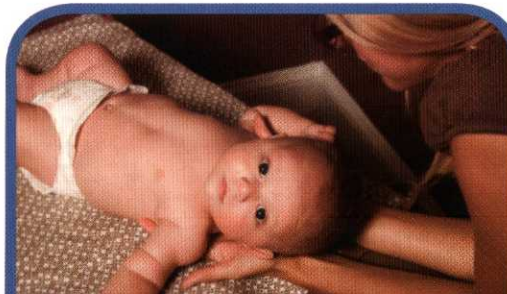
- Your pre-schooler is potentially being introduced to many new stressors, such as processed foods, extended tv watching, medications and environmental chemicals.

Physical milestones

- Climbing, jumping, bicycling, skating, balancing.

Chiropractic may help these issues / symptoms:

- Allergies, asthma, moodiness, bed wetting, constipation, diarrhea, colds & flus.



How can chiropractic cure all of these childhood issues?

- It's important to realize that chiropractic doesn't "cure" anything – your child's body does!
- Chiropractors are experts in detecting and correcting subluxations, removing interference from the nervous system and allowing your child's body to self-heal and self-regulate.
- A body free of nervous system interference can make a huge difference in your child's health as they grow and develop.

School aged children

Why chiropractic?

- School aged children are faced with new physical stressors of sitting at school, new sports / activities being introduced, and the use of technology devices.
- In addition, they may start to feel stress from schoolwork, bullying and peer pressure, which can all have an effect on the nervous system.

Physical milestones

- Gaining independence, constant learning, sport specific biomechanics.

Chiropractic may help these issues / symptoms:

- Growing pains, headaches, belly aches, constipation and diarrhea, respiratory infections, asthma, allergies, lack of balance and coordination, frequent colds, ADD / ADHD, difficulty sleeping and concentrating.

Teenagers

Why chiropractic?

- One of the biomechanical issues with teenagers today is the postural changes that occur from prolonged computer / cell phone / video game use.
- Your teenager may also be experiencing emotional stress: pressure from peers, new relationships, schoolwork and learning more independent adult skills can all place stress on the nervous system.

Physical milestones

- Independence, driving, high level sport, constant learning.

Chiropractic may help these issues / symptoms:

- Headaches, poor concentration, fatigue, irritability, muscle aches, slow recovery, lack of balance and coordination, painful menstruation, weight gain, scoliosis.



Chiropractic and Kids

What is chiropractic?

- Chiropractic is a healthcare discipline that emphasizes the inherent recuperative power of the body to heal itself without the use of drugs or surgery.
- The practice of chiropractic focuses on the relationship between structure (primarily the spine) and function (as coordinated by the nervous system) and how that relationship affects the preservation and restoration of health.
- Doctors of chiropractic recognize the value and responsibility of working in cooperation with other healthcare practitioners when in the best interest of the patient.
- Chiropractors are leaders in wellness, often emphasizing to their patients the value of nutrition, exercise and mental health, in addition to the physical care provided in the office.



Chiropractic: The foundation of your wellness

Chiropractors are wellness experts and can advise you on many components of living a wellness lifestyle. As part of your wellness lifestyle, it is important to be checked regularly by your family chiropractor for the presence of vertebral subluxations. Your chiropractor is an expert in the detection and correction of subluxations, removing nervous system interference and allowing your body to express its full healing potential.



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The Foundation Series

Chiropractic and Kids

Your Child's Way to Wellness



The Foundation Series