

FROM THE EXPERTS

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Pediatric Spine Health

by Dr. Andrew T. Brady



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Recently my wife and I took our 1-year-old son, Bennett, to the dentist for his first appointment with an awesome pediatric dentist in Hudson.

As I sat with Bennett laying across my lap waiting for his cleaning, I looked around at the number of children who were there for their check-ups and it truly amazed me. I thought to myself, all these parents are well-educated and care about the oral health of their children, even if that means holding them down and letting them scream for a few minutes every six months.

Most parents understand the importance of having their children's teeth checked at an early age, but what about their spines?

I wondered how many children in that office have had their spine evaluated and adjusted. Chiropractic physicians have, unfortunately, done a poor job of educating the public on the importance of getting children evaluated for spinal misalignments.

A child's first spinal misalignment usually occurs during the birthing process, which is why I adjusted my son immediately after birth. By the time a child reaches their second birthday, they will have fallen roughly 5,000 times, causing additional misalignments, which may begin to affect growth, repair, function and even development if left uncorrected.

It is easy to forget about the health of your child's spine, or even yours for that matter, because we do not see our spine every day like we do our teeth. Unlike teeth, we are only given one spine, and it cannot be replaced.

Just like you can't expect to have healthy teeth without ever seeing a dentist, you can't expect to maintain a healthy spine without ever seeing a chiropractic physician. By having your children evaluated at a young age, you can help prevent them from suffering with numerous health problems that require medication and/or surgery and that reduce their quality of life later on.

Research has shown that children who get regular spinal check-ups and adjustments have improved immune function, fewer ear infections, less colic and constipation, less ADHD, less asthma and allergies, improved brain activity, less bed wetting and improved sport performance.

The great thing about adjusting children is that it is extremely safe and painless, and most kids love it! I have even had infants sleep through their adjustment, because of how gentle it is. Invest in your children's spines just like you do their teeth!

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