

Frequently Asked Questions We Should Be Able to Answer in a Family Wellness Practice

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Those doctors in family wellness practices often have to answer different questions in the adjusting rooms than those practices that have a different focus such as sports, rehabilitative, relief or injury care.

Often, when an adult patient enters the practice, they may not know that: Chiropractors adjust children-chiropractic care can include a wellness component; chiropractic care can help pregnant women to experience a higher quality labor and delivery or that many women report back to their chiropractor that their labor was easier and their pregnancy practically pain-free after seeking prenatal chiropractic care.

Now, more than ever, there is a trend of young progressive parents seeking non-invasive ways to care for their children and themselves. Pregnant women also are adding a prenatal family chiropractor to their health team. In a family wellness practice, you are asked questions that should have concise answers which direct parents to make a well-informed decision when it comes to their families.

Some of the questions in this article may appear to be simplistic, but if your staff or your most ideal patients were asked these questions, would you be pleased with their answers? The quality of your responses reflects upon the essential educational nature of your practice.

What is vertebral subluxation? Your spine is made up of small joints called vertebrae. When these small joints get slightly misaligned, due to repetitive stress injuries or sudden falls, it irritates the nerves. When the nerve isn't functioning correctly, it can result in symptoms related to organs, muscles and systems of the body.

How does a subluxation occur? Any major or even minor spinal trauma (a fall, a jolt, a sudden movement) can cause the vertebrae to become misaligned, resulting in a subluxation. This can happen in children due to birth trauma, as well as falls and tumbles in their first 10 years of life.

What is a chiropractic adjustment? Your doctor of chiropractic gently moves the vertebrae back into place; removing nerve interference and allowing the body to improve its function, resulting in a better expression of health.

Will my child be adjusted every time I bring them in to have their spine checked? Your family wellness chiropractor wants your child to have regular check ups due to the many falls and tumbles that are part of their everyday life. There is a very small window of time when your child's spine is developing (from birth to age 18) in which to prevent adult problems. However, if your child doesn't need to be adjusted, then it's a checkup visit only. The fact is that checkups with a chiropractor will be much more frequent than with any other health care provider because the spine is more sensitive to outside stress, strains and small repetitive injuries than any other part of the body.

Why should I bring my child to a chiropractor? Like dentistry, early care prevents adulthood spinal problems.

Why should children be under chiropractic care? The spine is developing rapidly in the first 10 years of life. It is highly affected by the falls and injuries common in those years and the repetitive movements that occur the following eight years (backpacks, increased computer usage and poor posture). Like dentistry, many parents see the benefits of providing preventative care for their children and see this as an important role in their child's overall health and wellness.

Should I be worried that my child could be hurt by a chiropractic adjustment? Absolutely not! Your family wellness chiropractor uses safe and gentle techniques adapted for babies or children.

Can chiropractic care cure common childhood illnesses? No, however, parents report back that after receiving regular chiropractic adjustments, there is a marked improvement in their children's quality of life. Basically, chiropractic care facilitates one's natural function, which typically leads to an expression of better health.

Can children get addicted to chiropractic adjustments? Absolutely not! The family wellness chiropractor examines the child and determines when they need to be adjusted. Parents participate in the decision-making process regarding frequency of care.

Do medical doctors refer to chiropractors? Yes, there is a growing trend of obstetricians, pediatricians and family doctors referring patients for chiropractic care as they see the benefits of spinal adjustments. They recognize that this is out of the scope of their practice.

Are chiropractors anti-medical doctors? No, your family wellness chiropractor recognizes the important role that a medical doctor plays in your family's health and believes in a team approach. When your son or daughter needs medical attention, that's where your chiropractor will encourage you to go.

Are chiropractors anti-drug? No, but they recognize that a body that is functioning properly may not need drugs. The decision to use or discontinue medications or over-the-counter drugs is between the parent and their medical advisor.

What if my medical doctor tells me not to take my children to a chiropractor? Many obstetricians, pediatricians and family practitioners are beginning to see the benefits of chiropractic care for children, but there still are a great number of medical doctors that have not accepted the facts. For every doctor who tells you that chiropractic care is dangerous or a placebo for children, you'll find a handful that will tell you that it's perfectly safe and beneficial. The final decision is up to you.

Can women who are pregnant receive chiropractic care? Of course! Many pregnant women report back to their chiropractors the tremendous benefits they've received through regular adjustments. These include: less back pain, less discomfort during the pregnancy, less morning sickness and an improved quality of labor and delivery.

What is the Webster technique? The Webster technique is a specific chiropractic analysis and adjustment which reduces interference to the nervous system, improving function of the pelvic muscles and ligaments leading to the reduction of constraint to the woman's uterus and allowing the fetus the best opportunity to be positioned for a healthy birth.

Can a chiropractic adjustment turn a breech baby? Chiropractors do not perform any obstetrical services; however, the Webster's technique is a specific chiropractic analysis and adjustment which reduces interference to the nervous system, improving function of the pelvic muscles and ligaments

leading to the reduction of constraint to the woman's uterus and allowing the fetus the best opportunity to be positioned for a healthy birth.

Can chiropractic care be affordable for my entire family? Families that receive wellness chiropractic care usually report the overall improved quality of life of their family members. They further report with their improved health they often are saving money, which makes it affordable to have the entire family in for care. Of course, knowing that you've provided your child the opportunity to have a healthy adulthood is the greatest benefit.

Here are a few great Web resources for parents: www.icpa4kids.org, www.chiro.org, and www.mothering.com.

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