

## Chiropractic and Cranial Adjusting

**Chiropractic cranial adjusting is one of the safest and most gentle techniques available for your child.**

As you may be aware every organ, tissue, and cell in your child's body must have a nerve supply to function correctly. The origin of this nerve supply is the brain. Nerve messages travel from the brain, down the spinal cord and then connect with your child's body through the spinal nerves. Should the spine become compressed or twisted abnormally, the nerve impulses originating from the brain and travelling to your child's organs, may be influenced and your child's health may be affected.



Specific, gentle chiropractic spinal adjusting techniques are used to restore normal function to the spine and the spinal nerves.

In a similar way, physical trauma to the *skull* may also lead to health problems for your child. The sometimes extensive cranial moulding that often occurs in the infants skull during birth has the potential to cause the cranial bones to become slightly misaligned, or perhaps to ride up and over each other creating ridging.

Cranial dysfunction is quite a common finding in infants. One study of 1250 infants found that 85% of children in the study had some degree of cranial bone dysfunction regardless of whether the birth was considered to be 'normal'.

To understand cranial adjusting, you need to appreciate that the skull is not a rigid cage of bone, but is comprised of many bones which articulate with each other via joints called sutures. These sutures allow the skull to move very slightly. The range of movement is extremely small, less than half a millimetre. But to the trained hand easily felt as a rhythmic expansion and contraction. In fact all cranial bones have a distinctive movement pattern that they follow under normal circumstances. By lightly feeling with his or her hands your chiropractor is able to determine which areas of the skull are not moving smoothly and symmetrically and which other tissues may be secondarily involved.

A cranial adjustment aims to re-establish a smooth, regular, symmetrical movement pattern in each of the cranial bones. This allows an increased blood flow, and drainage to occur, effectively allowing healing of the damaged tissue to take place with gradual improvement in symptoms or discomfort.

If you have any further questions about cranial therapy for your child, please talk to your chiropractor.