



Upper cervical chiropractic is a safe and gentle way to reduce or relieve many childhood conditions or symptoms that relate to the nervous system.

Can Upper Cervical Spinal Care help?

HEALTHY LIVING
SPINAL CARE

References & Case Studies

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CHILDREN & HEALTHY LIVING SPINAL CARE



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UPPER CERVICAL CHIROPRACTIC FOR CHILDREN

If your child has a history of any of the types of injuries or is suffering from any of the conditions mentioned in this article (especially if the cause seems to be a mystery), an upper cervical misalignment may be at work. An upper cervical chiropractor can pinpoint and precisely measure the misalignment and provide a safe and effective adjustment. This, in turn, may result in the lessening or elimination of a number of health problems and symptoms.

How Could My Child Have a Misalignment?

This is a common question that parents ask. However, there are many ways to get an upper cervical spinal misalignment. The C1 and C2 relationship are responsible for more than half of the movement of the head, but along with this additional mobility comes a greater risk of the bones becoming misaligned. Here are some examples of ways that a child could end up with an upper cervical spinal misalignment:

- **AT BIRTH** - A difficult childbirth could be behind an upper cervical spinal misalignment. However, even during normal childbirth, the head may be bent or twisted in ways that result in misalignment.
- **AS AN INFANT** - It can take up to 6 months after birth for a baby's neck muscles to develop to the point where the child has full head control. Most babies begin to lift their head up for the first time by a month old. But it can take up to four months before an infant can hold up his or her head while in a sitting position. This is a critical time in development and neck support is vital while the child is being held.
- **WHILE AT PLAY** - From playing around the house to hanging out on the playground at school, there are plenty of opportunities for kids to trip, fall, and suffer a misalignment. Kids are pretty resilient, so most will feel okay just moments after a fall, but if a misalignment occurred, it could work under the surface for months or years to cause symptoms.
- **CAR ACCIDENTS** - A car seat can save a child's life when an accident occurs. However, it may not stop all damage from occurring. Anything that can jar the neck can cause misalignment, and a car accident is certainly included.

These are just a few ways that a child may have

ended up with an upper cervical misalignment, perhaps even months or years ago.

CHILDHOOD HEALTH CONDITIONS THAT MAY BE RELATED TO THE C1 & C2

We don't have room to discuss every condition that may be related to a C1 and C2 misalignment, but here are some of the more common ones:

- **HEADACHES/MIGRAINES** - According to the children's hospital of Wisconsin, 40% of children have their first headache by age 7. 10% of kids get migraines. According to one case study, a 9-year-old boy who used to get 10 migraines and tension headaches per month had a history of trauma and an upper cervical misalignment. After upper cervical chiropractic care, his headaches and migraines completely resolved.
- **BACK/NECK PAIN** - As much as half of children over the age of 4 suffer from back pain. In one study, upper cervical chiropractic completely relieved back pain for an 8-year-old in under 5 months. The child had previously suffered from intermittent middle and lower back pain for 2 years.
- **SCOLIOSIS** - An upper cervical practitioner treated a 10-year-old girl six times for a 35-degree idiopathic (cause unknown) scoliosis. After 25 weeks, the scoliosis was reduced to 25 degrees, and the results were independently confirmed.
- **SEIZURES** - 0.5% of people suffer from a seizure condition. Most cases of idiopathic (cause unknown) seizures begin in childhood. One case study involved a 5-year-old girl who suffered from 30-70 seizures per day, despite medicinal treatment. On the 27th day following upper cervical chiropractic care, the seizures stopped for four weeks (no change in medicine dosage). Her medicine dosage was cut in half, and her parents reported that the girl now suffered a maximum of 6 seizures per day, less than 10% of her previous maximum while on a full dosage of the medication.
- **ADHD** - In a 2014 case study, an 11-year-old boy with ADHD received upper cervical care twice a week for three months. He had suffered a neck injury following an altercation with a teacher. Following care, the child had better TOVA (test of variables of attention) scores.
- **POST-CONCUSSION SYNDROME** - Concussions are growing common among children, especially those who play competitive sports. A 16-year-old girl suffered headaches, dizziness, neck pain, and

cognitive issues following a concussion. Upper cervical chiropractic completely resolved her headaches and neck pain. Her dizziness and cognitive symptoms also improved by 60%.

These are just some of the conditions where upper cervical chiropractors have published case studies regarding the benefits of care for children. Additional health conditions that have responded to upper cervical care: ear infections, bed wetting, allergies, asthma, colic, digestive disorders and more.

UPPER CERVICAL CARE

Benefits for the Whole Family

There are many benefits to upper cervical chiropractic care in general and specifically when children are involved. However, you may wonder if upper cervical care is safe for your child. Also, what types of conditions can be helped with this unique subspecialty of chiropractic care?

SAFE FOR THE ENTIRE FAMILY

Healthy Living Spinal Care & the Brain Stem

Misalignments of the spine most often start with an accident or injury involving cranio-cervical junction or head/neck relationship.

Misalignments of the head/neck relationship can have far-reaching effects due to their proximity to the brainstem, vertebral arteries, Eustachian tubes, and other key structures of the central nervous system (CNS), vascular system, and vestibular system. Mere fractions of a millimeter can make a difference.

Upper cervical specific care involves precise measurements of the cranio-cervical junction or head/neck relationship, using modern diagnostic imaging techniques. This allows the practitioner to calculate a precise adjustment that can then be performed manually or with the use of an adjustment instrument or a specialized upper cervical chiropractic table.

Because adjustments are so precise, there is no twisting or jerking motion. There is no popping or cracking sound. There is no pain associated with the adjustment. Relief is often immediate, and the benefits only grow as time passes with the healing process. It is so gentle that everyone, from great-grandparents to infants can benefit. Yes, upper cervical chiropractic truly can be FAMILY CARE.