

Chiropractic healthcare for pregnancy, babies and children



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Huntingdon Chiropractic Healthcare

Chiropractic Healthcare

Chiropractic is concerned with disorders of the musculoskeletal system. These impair the functioning of our nervous system and so adversely affect our general health. Chiropractic uses gentle adjustment of the spine and other joints to release these imbalances.

Chiropractic healthcare can be helpful in a wide range of conditions as well as making a profound contribution to our overall health and wellbeing.

Conditions for which it is particularly relevant include: pain or discomfort in the back, neck, shoulders, arms or legs; whiplash injuries and headaches; strain injuries; sports injuries. It can be very effective in improving mobility for the elderly; in pregnancy and following childbirth, and for children of all ages.

Our interest in pregnancy and paediatric care

Our special interest in pregnancy and paediatric care is not just the natural interest of a woman practitioner in the care of other women and their children, but the expression of an absolute commitment to the importance of paediatric care for the future health and wellbeing of the adult.

The subtlety of chiropractic therapy

It is important to emphasise the subtlety of our work as chiropractors. It is not always understood that we address imbalances in the nervous system and that this work can have a very powerful effect on the body's functioning. Chiropractic works as much via optimising nervous system function as by the physical release of joints or muscular tension.

In this practice we use particularly gentle techniques with all patients. Those used with babies are so gentle that an adult would scarcely notice them, but for the infant they can make the difference between a context of imbalance and severe distress and one of physical and emotional ease.



Practitioners

Alison Edwards BSc DC FCC DCCP

Alison trained at the Anglo European College of Chiropractic, the principal centre for chiropractic training in Europe. In addition to her work in private practice in Cambridgeshire, she is a Tutor for Continuing Professional Development for the chiropractic profession. She is a Fellow of the College of Chiropractors and has served as chairman of its regional faculty and on its board of directors.

Alison's special areas of interest include rehabilitation and working with children and expectant mothers. She has post-graduate training and qualifications in rehabilitation and in paediatrics and pregnancy care.

She has recently been studying and working with the treatment of persistent reflexes. These primitive reflexes should disappear as the more sophisticated postural reflexes develop. It is now understood that they often persist beyond their natural and useful life. When this happens, serious neurodevelopmental problems can occur. Persistent primitive reflexes are implicated in a range of speech, learning and behavioural problems, including dyspraxia.

Alison approaches her work holistically, combining chiropractic techniques with an understanding of the importance of nutrition, an appropriate working environment and other lifestyle considerations. Her purpose is to work with people to achieve beneficial change, restoring balance and harmony.

Victoria Ayton BSc MChiro

Victoria trained at the Anglo European College of Chiropractic. She has joined us to provide general chiropractic healthcare services and to develop her special interest in paediatric and pregnancy care.

During her training at AECC, Victoria participated in an innovative and successful co-operation with the midwives at The Royal Bournemouth Hospitals Maternity Unit. She contributed to their *Healthy Pregnancy, Healthy Birth* workshops and treated a large number of pregnant women and babies as a result of that work.

Chiropractic in pregnancy

Low back pain
Upper back pain
Leg pain/sciatica
Pins and needles or numbness in the lower extremity
Carpal tunnel syndrome
Heartburn & indigestion
Shortness of breath
Rib pain
Premature contractions
Difficulty walking
Symphysis pubis dysfunction
Recurrent mastitis related to problems with latching on
Back labour
Groin pain
Haemorrhoids
Coccyx pain
Difficulty sitting

Chiropractic for babies and children

Infantile Colic
Prolonged crying
Sleeping difficulties
Feeding difficulties
Glue Ear (Otitis Media)
Bedwetting (Enuresis)
Failure to thrive
Stiff neck (Torticollis)
Asthma
Headache
Hyperactivity
Special Needs
Learning difficulties
Behavioural problems (including hyperactivity)
Cerebral Palsy
Gait problems
Problems resulting from difficult or assisted births and birth trauma

Effectiveness

A Danish study into the treatment of infantile colic found that 94% of the 316 infants in the trial who received chiropractic therapy had their symptoms relieved within two weeks.

Klougart N. Nilsson N. Jacobsen J (1989) Infantile colic treated by Chiropractors: a prospective study of 316 cases. Journal of Manipulative Physiological Therapeutics (JMPT) 12(4), 281-288

A study into ear infection treated with chiropractic therapy found that 93% of all episodes improved, 75% in 10 days or less.

Wiberg et al (1999) The short-term effect of spinal manipulation in the treatment of infantile colic: A randomised controlled clinical trial with a blinded observer. JMPT 22(8)m 517-522

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Aker et al (1990) Torticollis in infants and children: A report of three cases. Journal of the CCA 34(1), 13-19

Nielson et al (1995) Chronic asthma and Chiropractic manipulation: A randomised clinical trial. Clinical and Experimental Allergy 125, 80-88

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