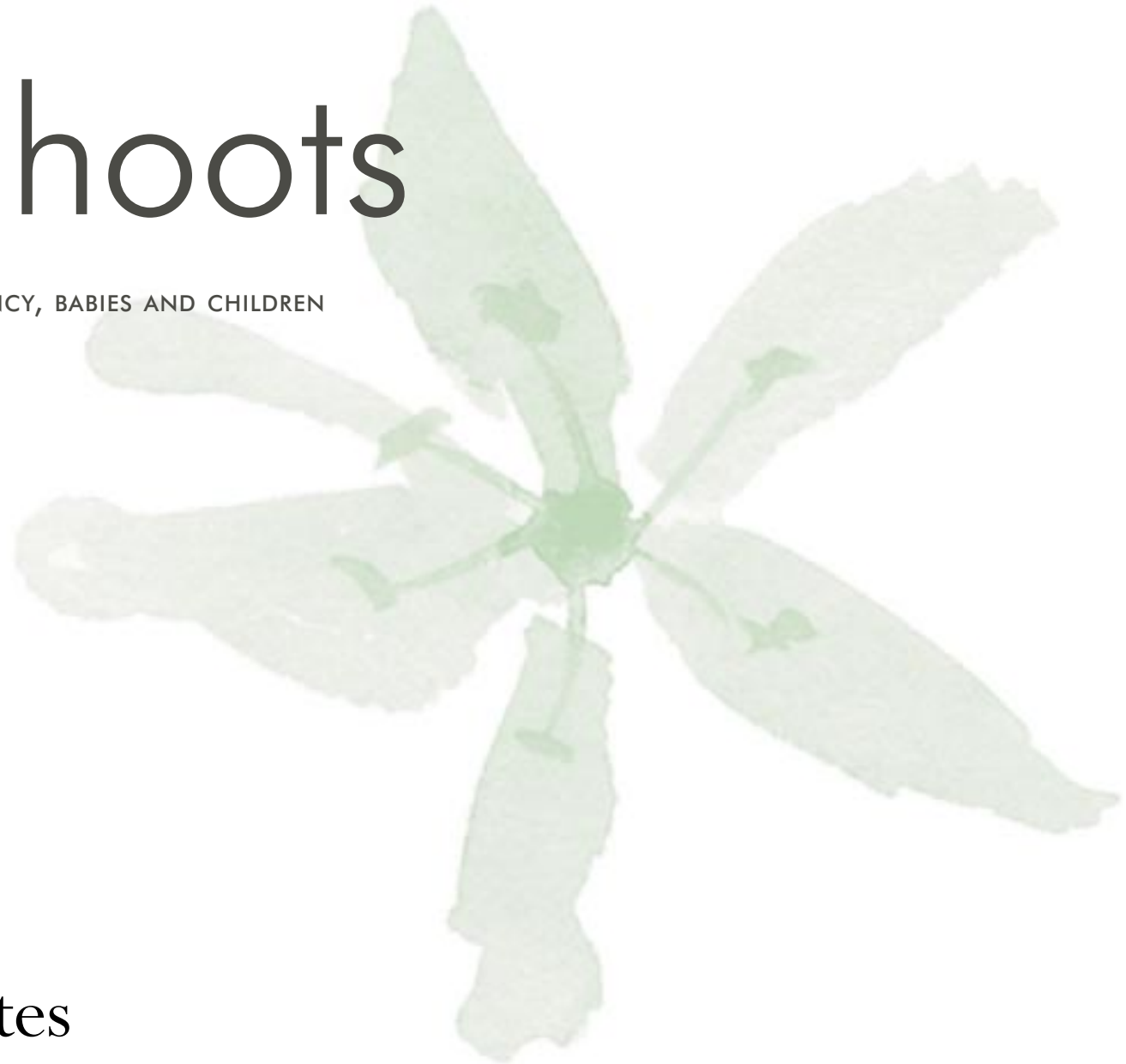


# Tender Shoots

CHIROPRACTIC HEALTHCARE FOR PREGNANCY, BABIES AND CHILDREN



Alison Edwards & Associates

## Caring for the tender shoots

Like any young plant, the human seedling sometimes needs guidance to grow straight and true. Its early development is a delicate process, easily disturbed by constraint in the womb or stress experienced during birth.

We are chiropractors with special training in pregnancy and paediatric care. We use subtle and gentle techniques to restore balance and wellbeing. Our purpose is always to support and encourage the body's own healing mechanisms.

Our pregnancy and paediatric work is the most important contribution we can make to the health of the future adult and our community.

## Pregnancy care

We support women in caring for themselves during pregnancy and in preparing for childbirth. The common experience of pain and discomfort in pregnancy is usually due to musculoskeletal imbalances which respond well to chiropractic treatment. By restoring and maintaining balance during pregnancy, we improve physical ease and guide women towards a more confident childbirth experience.

After the birth we help the mother to return to her pre-pregnancy state: recovery is quicker when the pelvis is balanced. We advise on posture when lifting, carrying and feeding the baby. We help with problems with breastfeeding.

## Paediatric care

By caring for the mother during pregnancy we are also beginning to care for her child. Then, from early infancy onwards, our work can be a highly effective response to a range of childhood health problems.

We work with developmental problems created by constraint in the womb or stress during birth. We treat feeding and sleeping difficulties and other common childhood problems which are often due to simple tension and stress.

Our work continues in later childhood with treatment for the results of trauma and postural strain, as well as many common health problems.

## Subtle and gentle

It is important to emphasise the subtlety of our work. 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 transform an experience of imbalance and severe distress into one of physical and emotional ease.

Chiropractic works as much by optimising nervous system function as by the physical release of joints or muscular tension. This can have a very powerful effect on the body's functioning.

## Chiropractic in pregnancy and after the birth

Back and neck pain

Leg pain/sciatica

Pins and needles or numbness in the lower extremity

Carpal tunnel syndrome

Heartburn & indigestion

Shortness of breath

Rib pain

Difficulty walking

Symphysis pubis dysfunction

Back labour

Groin pain

Haemorrhoids

Coccyx pain

Difficulty sitting

Premature contractions

Recurrent mastitis related to problems with latching on

*This list is a selection only.*

# 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

*This list is a selection only.*

## Paediatric care: some case illustrations

A two-year old boy hadn't slept for longer than two hours since birth. Following treatment he began to sleep through the night and was a much happier child.

A six week old girl had been delivered by emergency caesarean section. Her head and neck were held in a twisted position, she had made no eye contact since birth, and she couldn't settle at night. Following treatment to release tension in the subtle tissues, her head and neck alignment became normal, she made eye contact, and settled at night.

A nine-year old boy experienced persistent enuresis (bed wetting). Imbalances in the pelvis and low back were treated and the problem was resolved.

*These are a few simple illustrations. Many common problems can be resolved quite easily by gently guiding the body to its natural balance and freedom.*

## 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.

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 PgCert

Victoria trained at the Anglo European College of Chiropractic. 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.

## Information and communication

In addition to our special interest in caring for women during pregnancy and for children of all ages, we provide general chiropractic healthcare services for a wide range of people and conditions. Our Huntingdon practice also provides Strength & Mobility classes which can be used as both rehabilitation and bodywork.

Our principal practice is at The Wellbeing Centre which offers chiropractic healthcare and other therapeutic services in a peaceful and welcoming space. It is located between Huntingdon and St Ives, close to the A1123 Huntingdon to St Ives road. There is ample car parking.

We also offer appointments in Cambridge.

*Please contact us via 01480 417641 for all appointments, for further information or to arrange a preliminary telephone discussion with a practitioner.*

## Costs

These costs apply at our Huntingdon practice:

standard appointment: £32

initial consultation: £47

*Please contact us for current costs in Cambridge.*

## Health insurance

Some private health insurance policies include cover for chiropractic treatment.

## Contact

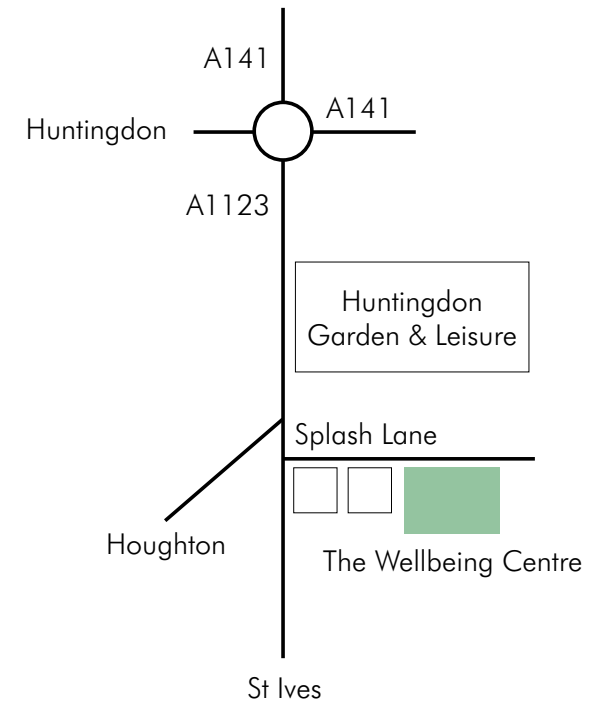
01480 417641

[www.tendershoots.co.uk](http://www.tendershoots.co.uk)

[www.alisonedwards.co.uk](http://www.alisonedwards.co.uk)

[www.the-wellbeing-centre.co.uk](http://www.the-wellbeing-centre.co.uk)

[reception@alisonedwards.co.uk](mailto:reception@alisonedwards.co.uk)



Further location maps and information can be found in the contact sections of our websites

## Our websites

### **Pregnancy & Paediatric Care**

[www.tendershoots.co.uk](http://www.tendershoots.co.uk)

### **Huntingdon Chiropractic Healthcare**

[www.huntingdon-chiropractic.co.uk](http://www.huntingdon-chiropractic.co.uk)

### **Alison Edwards**

[www.alisonedwards.co.uk](http://www.alisonedwards.co.uk)

### **The Wellbeing Centre**

[www.the-wellbeing-centre.co.uk](http://www.the-wellbeing-centre.co.uk)

### **Huntingdon Traditional Acupuncture**

[www.huntingdon-traditional-acupuncture.co.uk](http://www.huntingdon-traditional-acupuncture.co.uk)



# Alison Edwards & Associates

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