

Osteopathic Treatment

Osteopathic treatment using the cranial approach is very gentle, safe, and effective in the treatment of babies and children. Specific gentle pressure is applied where necessary to enable the inherent healing ability of the body to affect the release of stresses.

Could there be any adverse reactions?

Reactions to treatment are variable; often the baby or child is very relaxed afterwards and sleeps well. Others have a burst of energy after treatment, usually followed by a good night's sleep.

Occasionally children are unsettled after treatment. This is a temporary situation, and is usually caused when the release of the retained moulding has been incomplete. It is not always possible for all the retained compression to release in one session, especially if it has been severe.

How many treatments will be needed?

On average, 2 to 6 treatments are sufficient. This varies according to the severity of the problem and the age of the child.

When to treat and the importance of regular Osteopathic treatment for children

The younger the better, it is never too early to treat. For best results, treatment should be before the age of 7 years. After this, the stresses and asymmetries cannot always be completely eliminated, but it is still possible to achieve beneficial release of the stresses throughout life.

In the first year of life, 3 monthly treatments are important to check developmental milestones. Thereafter 6 monthly Osteopathic treatment is beneficial to check for abnormal growth and development. Treatment during these years helps prevent illness and promotes optimum health and development.

Osteopathic Treatment may help

- Unsettled babies
- Feeding difficulties
- Reflux/vomiting, colic and wind
- Sleep disturbances
- Recurrent infections/Ear Infections
- Asthma/Eczema
- Bed wetting
- Headaches
- Sinus and adenoidal problems
- Behaviour problems/ADHD
- Learning difficulties
- Co-ordination problems
- Cerebral palsy and other types of brain damage

For more information or appointments contact:

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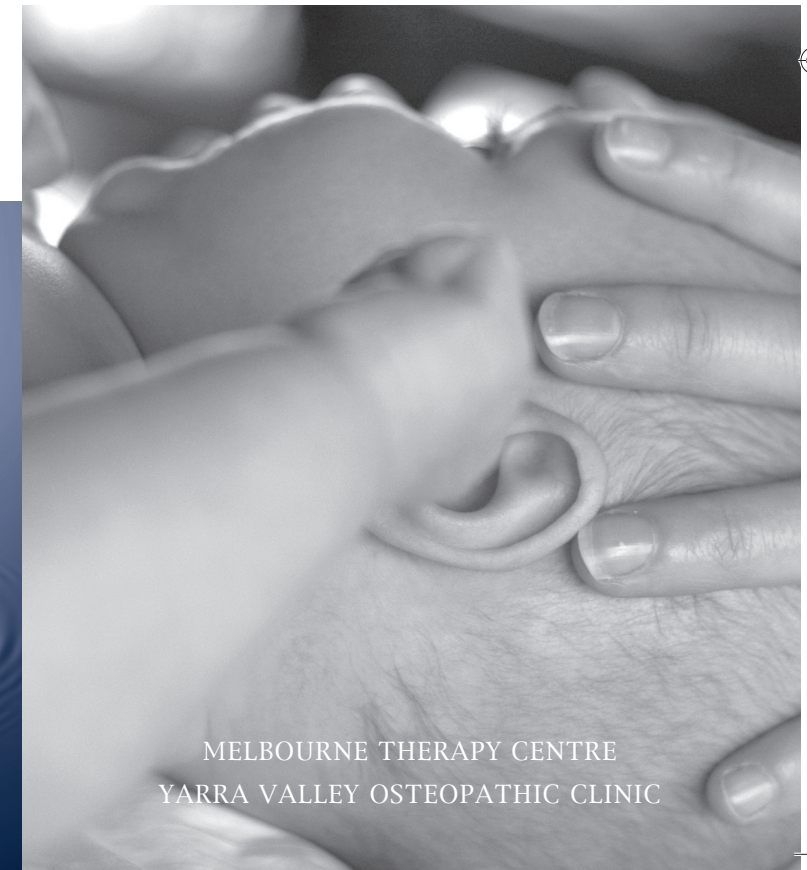
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Osteopathy for children



MELBOURNE THERAPY CENTRE
YARRA VALLEY OSTEOPATHIC CLINIC



Osteopathy for babies and children

It is a common belief that babies and children should have no structural stresses or strains in their bodies, because they are 'so young'. The reality is very different.

Birth is one of the most stressful events of our lives. The baby is subject to enormous forces, as the uterus pushes to expel the baby against the natural resistance of the birth canal.

The baby has to turn and twist as it squeezes through the bony pelvis, on its short but highly stimulating and potentially stressful journey.

The baby's head has the remarkable ability to absorb these stresses in a normal delivery. In order to reduce the size of the head, the soft bones overlap, bend and warp as the baby descends through the birth canal.

Many babies are born with odd shaped heads as a result. In the first few days, the head can usually be seen to gradually lose the extreme moulded shape, as the baby suckles, cries and yawns. However, this un moulding process is often incomplete, especially if the birth has been difficult. As a result, the baby may have to live with some very uncomfortable stresses within its head and body.



What effect does retained moulding have?

Some babies cope extremely well with even quite severe retained moulding and compression, and are contented and happy. For others it is a different story, and they can display a variety of problems.

Sleep disturbances

The tension on the bony and membranous casing of the skull keeps the baby's nervous system in a persistently alert and agitated state.

Crying, irritable baby

The baby may be uncomfortable, with a constant feeling of pressure in the head. This is made worse by the extra pressure on the head when lying down. Often babies will arch backward in an attempt to relieve this tension.

Reflux, colic and wind

The nerve to the stomach is irritated as it exits from the base of the skull, which impairs digestion. The diaphragm may be stressed, compromising digestion and the ability of the stomach to retain its contents.

Feeding difficulties

Mechanical stresses through the head, face and throat may compromise the nerve to the tongue which affects attachment and makes feeding tiring. These babies maybe slow, noisy feeders and tend to pull off at the breast repeatedly, making burping difficult.

Asymmetrical movement patterns

The baby may favour turning to one side and have a misshapen head (plagiocephally). 'Tummy' time may cause discomfort from tension in the neck or shoulder girdle. The crawl pattern may be abnormal due to retained compression of a shoulder or hip during the birthing process. If the compression is untreated then the walking cycle may be affected.

As the child grows

As the child grows, the effects of retained moulding can lead to other problems. The following are the most common.

Headache, growing pains, and strains

Areas of pressure within the skull may develop as it fully forms at around the age of 7-8 years causing headaches. Postural tensions make other areas of the body more vulnerable to strains, sprains and fatigue.

Infections

Retained moulding and birth stresses take their toll on the body's reserves, depleting the immune and nervous systems. This leaves children more vulnerable to all types of infection.

Ear Infection

Compression within and around the bones of the ear impedes fluid drainage, creating partial or complete blockage of the Eustachian tube. Infections never fully clear, leaving a vulnerability to the next infection.

Dental and sinus problems

Impaired growth and drainage of the sinuses and bones of the face due to retained compression can cause persistent mouth breathers. Dental overcrowding and constantly blocked or runny nose are other possible clinical scenarios from retained moulding.

Behavioural problems and learning difficulties

The child may experience poor concentration and hyperactivity due to retained compression from infancy. Severe compression can modify normal patterns of learning in the brain.

Asthma

Osteopathic treatment to release birth stresses and help to improve chest function is often beneficial in reducing the frequency and severity of asthma attacks.