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## Childhood Falls – What is the Impact?

### Dr Terry Notaras

Chiropractor  
Osteopath

Dr Terry Notaras is a Doctor of Chiropractic and Doctor of Osteopathy. He is registered as a Chiropractor and Osteopath with the Chiropractic Board of Australia and is a member of the Chiropractors Association of Australia. Dr Notaras is also an Associate Member of the Australasian College of Chiropractors.

Dr Terry Notaras has lived in the local area for 39 years and has been in private practice for 28 years. He has served on the Executive Committees of the Chiropractors Association of Australia.

Dr Notaras has looked after the health of some of the world's best professional Golf Tour. He has also looked after the Olympic Cycling Squad as well as many other elite athletes. This background allows the technique used at Southern Spinal Care to be the latest and the most effective in the world.

Suite 1  
104 Railway Parade  
Kogarah NSW 2217

T 9588 5504  
F 95883042  
E [southernspinalcare@bigpond.com](mailto:southernspinalcare@bigpond.com)  
W [www.southernspinalcare.com](http://www.southernspinalcare.com)

Did you know that by the age of seven a child will have fallen around 2500 times, and prior to turning 3 they will have had 3 major falls out of the cot, off a change table or down a flight of stairs.

The subtle signs and symptoms that can result from falls can go unnoticed by parents or be put down to other things, and if left unchecked can lead to entrenched health problems and even minor accidents can subluxate your child's spine.

The spine and skull generally take the brunt of knocks, bumps and falls in childhood. It has been estimated that in their first year of life 47.9% of children will fall and land on their head. Researchers have found that birth to two years of age is a critical period of brain development, and that any disruption from injury can be long-lasting or even permanent effects on the structure and function of the brain.

As you know the spine and skull protect our children's precious brain and nervous system. When a child's body is suddenly jarred in an accident, muscles surrounding the spine protectively contract, including muscles that directly attach to the delicate nerve coverings themselves. This causes the spine to tension and misalign (subluxate) and negatively affects nervous system function. With a subluxated spine, our child's communication highway is no longer working at 100%, altering the way they are able to think, feel and behave.

After the initial impact of a fall or accident, we assume most children have recovered well when they no longer complain about pain or other symptoms, but this is not always the case. Often these problems remain undetected, only to compromise our child's health over a period of months or years with seemingly unrelated issues such as growing pains, compromised immune strength or digestive issues.

Our babies and children's health is the most precious thing in the world so it makes sense to ensure their spine and nervous system is free from subluxation from the very beginning.

The Journal of Neuroscience states that whilst "the first year of life may be a period of development vulnerability, it is also the period in which therapeutic interventions can have the greatest positive effect."

Chiropractic for babies and children is evidenced to be gentle, safe and effective. Babies can be checked by chiropractors very soon after birth and special techniques have been developed to carefully correct any subluxated areas.

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