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Chiropractic Care Naturally Treats Colic

Research on chiropractic care and colic has shown significant benefits over other treatments such as dietary changes, medication, and infant positioning. A randomized clinical trial published in 1999 in the *Journal of Manipulative and Physiological Therapeutics* found that "Spinal manipulation is effective in relieving infantile [colic](#)". For this study the researchers randomly assigned infants diagnosed with colic into two groups. One group received chiropractic care for two weeks and the other group was given the anti-gas medication dimethicone for two weeks. The babies in the [chiropractic](#) group showed a 67% decrease in crying while the babies on medication showed a 38% decrease in crying.

Another study with 316 children also showed significant improvement in colic in response to [chiropractic care](#). This prospective study used diaries from mothers of colicky babies to track the amount of crying. The three month long study showed a "satisfactory result of spinal manipulative therapy in 94% of the cases". The improvements occurred after an average of only three adjustments within two weeks.

Chiropractic care is a conservative, gentle, and very successful option for treating infants with colic. Chiropractic adjustments for infants are specific, gentle, and safe. The International Chiropractic Pediatrics Association has a database of chiropractors who work with babies and children. Sources:

4 Healthy Kids, Infant Colic Treatment (<http://www.4healthykids.com/infant-colic/infant-colic-treatment.html>)

Infantile Colic Treated by Chiropractors: A Prospective Study of 316 Cases (http://www.chiro.org/research/ABSTRACTS/Infantile_Colic.shtml)

The Short-Term Effect of Spinal Manipulation in the Treatment of Infantile Colic: A Randomized Controlled Clinical Trial with a Blinded Observer J Manipulative Physiol Ther 1999 (Oct); 22 (8): 517-522

www.southernspinalcare.com

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
W www.southernspinalcare.com

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