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Chiropractic for Infants: A Look at the Evidence

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Dr Terry Notaras has lived in the local area for 39 years and has been in private practice for 26 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.

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Parents often ask why a newborn baby should be checked by a chiropractor. Adjustments help alleviate spinal subluxations (misalignments of the vertebrae) cause by intrauterine constraint, abnormal positioning in the uterus and spinal distress from the journey through the birth canal or during the delivery process itself. Ideally, babies should be checked and adjusted as soon as possible after birth.

Towbin, a prominent researcher on birth trauma reports "survival of the newborn is governed mainly by the integrity & function of the vital centres in the brain stem. Yet, paradoxically, the importance of injury at birth to the brain stem and spinal cord are matters which have generally escaped lasting attention".

Another published researcher, Guttmann, reported that more than one thousand infants were examined and it was concluded that approximately 80% of all newborns had some form of nerve dysfunction.

Guttmann concluded that many health problems can arise from misalignment of the first vertebrae in the neck, resulting in a lowered resistance to infections in the ears, nose and throat. He also noted, however that even an adjustment using the lightest pressure of the index finger could normalise an infant's clinical picture.

His colleague, V.Fryman examined 1,250 babies five days after birth & found that 95% of this group were not only misaligned but also had cervical strain. She also noted that the infants responded with immediate muscular relaxation and had a greater ability to sleep after specific spinal adjustments. Renowned researcher and practitioner Biedermann has done numerous clinical studies relating upper cervical misalignment in the newborn to prolonged labour and the use of extraction devices. He too has recorded significant improvements in the health of infants who receive specific adjustments after birth.

In the study, over 90% of the chiropractors and parents reported an adjustment-related improvement with respect to the children's presenting complaints. Even more interesting is the discovery of benefits unrelated to the presenting complaints. Both parents and doctors reported better sleeping patterns, improved behaviour and more robust immune system function while under chiropractic care.

With the increased amount of scientific research supporting clinical experience, chiropractic care is being accepted as a viable necessity for newborns.

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