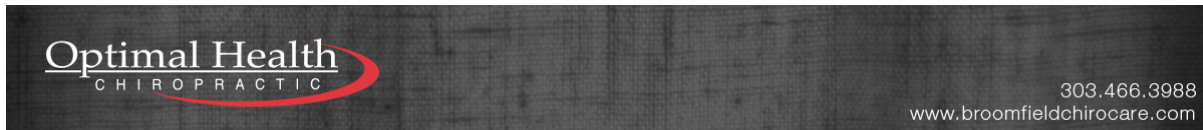


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Why Your Kids Should be Getting Adjusted Too



"It's better to raise healthy kids than fix injured adults."

Typically most people think of chiropractic care as treatment for adults with back or neck pain. Often we don't consider the fact that our children might also be suffering from spinal dysfunction as well. They may not complain of back pain, however, most kids do participate in activities that may affect the spine's ability to move like it should.

Starting at birth, many babies can become misaligned during birth, with the head and neck often being twisted and manipulated to clear the birth canal. Babies also do not have control over spinal muscles that stabilize the neck, making them more prone to injury.

As children age, they tend to be less cautious; they play hard, fall, run into things, you name it. They typically are pushing the limits of their bodies without fear of injury. Misalignments in a child's spine, when they get closer to growth spurts, can cause them to be more susceptible to scoliosis, a condition that could effect them long term. Prevention of a major condition, such as scoliosis, is just one reason to have children adjusted by a chiropractor. Here's a few more reasons:

1. **Chronic Ear Infections** // During ear infections fluid is trapped in the Eustachian tube. This can be caused by muscles around the Eustachian tube cramping and may be relieved by adjusting the first cervical vertebrae.
2. **Torticollis** // Torticollis causes the head to rotate and tilt due to twisting of the neck. This is usually due to the baby's position in the uterus which causes injury to the neck muscles.
3. **Immune Support** // Fundamentally, the root of chiropractic care is about aligning the spine so the body's innate ability to fix itself can be accomplished. The nervous system functions better when uninterrupted, which then allows for better immune function. This is possibly most important in a population such as children, where exposure to illness is high and sanitation prevention is low.
4. **Musculoskeletal Health and Young Athletes** // Kids in sports can benefit from chiropractic for

multiple reasons. Increased flexibility and range of motion can decrease injury risk and increase performance. Also, youth sports are typically rough; falling, stumbling and bumping occur often and understanding that these activities may adversely effect the spine and treating it is ideal.

When treated correctly, pediatric chiropractic is very safe. Care is taken to adjust depth of adjusting and contact points to increase safety and effectiveness. For instance, with infants, soft tissue techniques and activator instruments are utilities to gently influence spine alignment.

To wrap things up, the idea for this newsletter came up because I had read that the first Monday in October is "National Children's Health Day." But as most "national days" go, this seemed silly because our kids health should be a priority everyday. I love treating patients of all ages, but starting kids off on the right foot is important to me, so they can grow up to be healthy adults and benefit from it their entire lives.

- Dr Chris



Dates You'll Want to Know



A New Massage Service!

Fall Break is Coming Soon

Fall Break is quickly approaching for our household and there's some dates you will want to make note of!

Dr. Chris is adding in two extra adjusting shifts before and after our break. He will be **open** the mornings of Tuesday, October 19th AND Tuesday, October 26th, in addition to the usual Tuesday afternoon adjusting hours.

OHC will be **closed** Wednesday, October 20th - Monday, October 25th, returning to the office with that Tuesday morning shift on the 26th.

We will do our best to get all of our patients in before and after this time, please give us a call or [schedule online](#) to make sure you get that adjustment in!

Please note this only effects our chiropractic office and all other services will still be on as scheduled!

Two New Massage Updates:

1. Introducing Stretch Sessions!

Book a 30-minute stretch session, guided by one of our Licensed Massage Therapists, to help boost

mobility, increase range of motion, and improve overall flexibility, through full-body passive stretches.

Beneficial for all lifestyles, whether it be working out the kinks after a long day at the desk, aiding in athletic performance, or recovering from an intense workout.

Not ready for a full-body stretch session, yet? Book a 15 minute Stretch add-on to one of your massage sessions for some extra restoration!

****Come prepared for your Stretch Session wearing or having athletic/athlesiure attire to change into that allows for plenty of comfortable movement.**

2. Friday Massage Appointment Times

We've been really excited about being able to offer massage services 6 days a week, but now, as a trial run, we're trying out a couple of Fridays to see if it's something our clients are interested in. If you'd like to see Fridays stay as an option on the schedule, book your session now! (We think a Friday massage would be the BEST way to end the work week!)

[Schedule your next session with us online](#) or give us a call or text at 720.610.2726



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