

Study links chiropractic care with reduced “infant colic”

Spinal Adjustments Ease Persistent Infant Crying

A paper authored by Joyce Miller of the Anglo-European College of Chiropractic at the University of Bournemouth in Great Britain credits chiropractic care in newborns with a reduction in persistent, erratic crying patterns. The published work entitled “*Cry Babies: A Framework for Chiropractic Care*” was published last summer in *The Clinical Chiropractic*.

Every new parent has experienced the unsettling, unexplained bouts of pierced crying by their newborns that can last hours during the day or night and are usually attributed to infant colic. It is the most common reason new parents turn to their pediatrician for help. Usually, there are no physical causes for the phenomena, and the crying tends to disappear after a few months. But it causes measurable stress, even depression, for the parents who feel powerless to console their child; it is even believed to be a leading cause of Shaken Baby Syndrome.

There is no treatment protocol, and administering medications against gas and acid reflux, paired with cradling, rocking movements or changes in feeding patterns and dietary changes — both for the breast-feeding mother and her child — are generally short-lived remedies. So, should frustrated parents just wait it out and hope for it to pass quickly?

Chiropractors have established that pre-natal constraint, pressure in the womb and trauma during birth may be the underlying cause for the discomfort of the crying infant. After ruling out other diseases and clinical conditions that could cause gastrointestinal disorders and after interpreting the baby’s growth chart for consistent development, manual spinal adjustments by trained pediatric chiropractors significantly reduce an infant’s crying, followed by better sleeping patterns and improvement in posture.

“We believe that thorough spinal evaluation and adjustments have an enormous positive impact on a person’s overall health,” said Dr. *John Doe*, a *town*-based chiropractor, when contacted about the findings. “Now we see that we can also help fussy, crying newborns — and with that give peace of mind to their parents.”

Chiropractic care primarily corrects biomechanical, muscular and spinal imbalances; consequently, chiropractors refer to the crying bouts of infants as Irritable Infant Syndrome of Musculoskeletal Origin. When treatment begins in infancy, explains Dr. *John Doe*, the growing spine is still highly flexible. Therefore, spinal adjustments early on can have positive long-term effects on a person's health and prevent imbalances later on in life. "Remember, many spinal discomforts that plague us in adulthood may have been triggered in the womb — and they are preventable."

Reference:

Joyce Miller, "*Cry Babies: A Framework for Chiropractic Care*," *The Clinical Chiropractic* (2007) 10, 139-146.

Curated, written and edited by Tekla Szymanski