

The Chiropractic Adjustment and Your Child

It is often quite daunting for parents to consider taking their child to a chiropractor and many present to chiropractic consultations a little bit anxious and full of questions. By far the four most common questions asked by concerned parents are

How does it work?

Is it safe?

Will it hurt?

Will I have to keep having it done?

These are very valid and reasonable questions and deserve a straight answer. Kiro Kids trained chiropractors who see lots of children in their practices use a form of full body assessment referred to as the NeuroImpulse Protocol, or simply NIP. The following information will help you to better understand the basis for this approach to chiropractic.

What is NIP? NIP is referred to as a 'tonal technique' because its intent is to normalize the natural tone held in the nervous system. NIP is based on gentle touch and very light thrusting. This very specific, low force adjusting method allows your nervous system to better interpret and integrate the sensory input from the thrust and to appropriately process it throughout the brain and spinal cord. Imagine that your nervous system has a volume control – if you turn the volume up too much it causes distortion – this distorted function in the nervous system can and does manifest as musculoskeletal stress and pain, internal organ dysfunction and diminished immune response. Similar inappropriate responses are also seen when the volume is set too low. When the volume is set wrongly the nervous system sends distorted messages to the body, adversely affecting tone. The result is sluggish body function with a slowing of normal responses. You may become aware of this as weakness in your muscles which are now not supporting your skeletal framework adequately leading to pain and discomfort.

NIP releases tensions in the spinal cord and brain by making corrections of spinal and other subluxations which affect the tension normally held in the dura (hard, fibrous layer of the meninges which covers and protects the brain and spinal cord). Release of tension in this finely balanced body system can lead to profound neurological changes with attendant benefits to overall health.

What can I expect after an NIP adjustment? Most children demonstrate a sense of relaxation and calm after each NIP adjustment. Many patients heave a deep sigh immediately following an NIP adjustment as their body releases tension from deep within the nervous system that may have been accumulating for some time. NIP adjustments never hurt, they are not risky in any way and the overall experience as a patient is pleasant and enjoyable.

Will I hear a cracking or popping noise when I am adjusted? Absolutely not. NIP adjustments are low force by nature and you will not feel any cracking sounds or the discomfort that often accompanies this sort of manual, manipulation style treatment.

What sort of problems does NIP help? The primary intent of NIP is to progressively reduce abnormal tension throughout the entire spinal system, including the extremities and head, to release trapped unresolved patterns of dysfunction in the body/mind and to facilitate reintegration of the nervous system.

It is important for you to understand that NIP adjustments are not intended to treat your symptoms but to change the tone in your nervous system. To the extent that your symptoms are caused by this changed tone, you will usually experience very rapid resolution of your symptoms, but this is not the intent of the NIP adjustments.

Are NIP adjustments safe? Yes, absolutely. No-one anywhere in the world has ever been injured by an NIP adjustment or other low force adjustments of a similar nature. Children enjoy NIP adjustments so much they often hop up onto the chiropractic table in anticipation and the adult patients, especially our seniors, express their appreciation at having the option of a technique that utilizes very little force.

Will I have to come back really often? No, your Kiro Kids trained chiropractor will identify for you the extent of your child's particular problem and will tailor make a management plan. You will only be asked to make follow up appointments one visit at a time and that with your express agreement.



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The Chiropractic Domain
2 Victoria Crescent, Mt. Barker, 5251
p: (08) 8398 3766 f: (08) 8398 4209