

Kids & Chiropractic Care

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A 2007 issue of *Pediatrics*, the official journal of the American Academy of Pediatrics, described Chiropractic as the most common complementary or alternative medical practice used by children, who made over 30 million visits to U.S. chiropractors in 1997. In 1998, children and adolescents constituted 11% of patient visits to chiropractors. Patients often ask me, "Do my kids need Chiropractic care?" My answer? Absolutely!

I recently had the wonderful opportunity of teaching my 8-year-old grandson how to ski. Day number 1: Not only did he fall at least 50 times, he also ran into a sign post, which left him crying, laying in the snow for 15 minutes with a big bump on his chin, and with nearly a ride down the hill from the ski patrol in their rescue sled. Falls, bumps and bruises, bicycle crashes, horse wrecks, skateboard wipeouts, trampoline injuries, bats and balls! If you ever wonder if a kid takes a beating growing up, just ask their mom! Most moms remember a couple incidences they don't especially care to mention. I remember several times raising my daughters where I was just half a step out of reach to catch them! Ouch!

As I got a little older, playing ice hockey and football, riding dirt bikes, some of the hits I remember taking were really bad! Often the pain lasted for days! Over the years of growing up, the results of all this trauma can only amount to—what? Well, a normal life!

Actually, if a person makes it to adulthood without any pins holding things together and both eyes, they've probably done pretty well. Especially here in Montana! Absolutely, kids should see their friendly chiropractor from time to time.

The good news is that children were specifically designed by their Creator to live and actually thrive in this hostile environment. For about three years, their little bodies are practically made of rubber. By the time their bones begin to harden, they've learned to balance,



how to walk and run, and have found out about some things to avoid that can cause them harm. (Some of us never learn that one!)

After that, however, our injuries can begin to define our response to many things. Especially if they begin to affect our physical development. If there is prolonged pain, or the joints aren't working properly, some of the activities we may have enjoyed into adulthood are often left behind due to soreness, abnormal fatigue, or fear. As we all know, it doesn't take long for young people to turn their at-

tention to other things. Often never to look back.

This is why a little Chiropractic care along the way is so important! I personally recommend children develop a relationship with their Chiropractor and see him or her at least 3–4 times a year. It will make an enormous difference in their overall health, physical abilities and sense of well-being. All chiropractors are well trained to help your children grow into the little powerhouses they were designed to become! Schedule an appointment today to make sure every joint in their bodies are growing in the right direction. They will surely thank you as they get older. Most chiropractors have generous family plans to ensure years of affordable health care to the families in our communities. ■

Here's to Your and Your Family's Health!

—Dr. B



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