

Few people realize that doctors of chiropractic care for children, and even infants. It is commonly believed that chiropractors are back pain doctors and back pain comes with age. The truth is that back disorders can happen at any age.

One of the most common conditions that infants suffer from is colic. It is essentially a condition in which an infant cries for prolonged periods of time for no apparent reason. Over one fifth of infants suffer from this condition and for some, this condition will persist for over a year.

It is commonly believed by parents, and even doctors, that colic is an intestinal disorder. Numerous studies have failed to confirm this. At this point, there is no known cause, but two studies might indicate that it is related to spinal malfunction.

In both studies, chiropractic care was used to treat the infants. Approximately half of the infants in one of these studies received between 6 and 10 spinal adjustments. The remainder of the infants received the drug dimethicone, a standard medication for the treatment of colic. The infants receiving the chiropractic care experienced a 3 hour reduction in their crying spells. Those receiving the medication only experienced a 1 hour reduction. In the other study, a similar reduction of crying spell duration was noted, although in this study, there was no group receiving medication for a comparison.

One of the authors of the first study, Dr. Niels Nilsson who is both a medical doctor and a chiropractor believes that colic may simply be caused by back pain. He believes that it is possible that these infants experienced damage to their spines during birth and suffer from pain as a result. Gentle chiropractic adjustments to the spine of these infants, helped to reverse the birth trauma and allow the damage to heal and pain to subside.

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It is not clear what causes most cases of back pain. Rarely is the cause a single event that damages the spine.