

Health Report

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CHIROPRACTIC EFFECTIVE FOR TREATING INFANTILE COLIC

A recent randomized controlled trial showed that chiropractic manipulation was more effective than drug therapy for infantile colic. The Danish National Health Service recruited 50 Infants meeting the criteria for colic. After they were reviewed and monitored, they were randomly assigned to two groups: one group received chiropractic spinal manipulation for two weeks.

The 25 infants under chiropractic care received motion palpation to locate “articulations” mostly found in the upper and mid-thoracic areas. These infants received 3.8 adjustments. During the two-week assessment, parents kept colic diaries.

All 25 infants in the manipulation group completed the 13 days of treatment. But the dimethicone group had nine dropouts. Five dropped out before the first week’s diary could be completed. The study did register, however, the subjective evaluation of the 4 of 5 in the dimethicone group that quit: two described their child’s condition as “worsened” and two others described it as “much worsened.”

Infants receiving adjustments went from 3.0 hours of colic hours per day to 1.2 hours at day 11. The dimethicone group went from 3.4 hours of colic to 2.4 hours per day. The authors said, “By excluding data from the dropouts, we are excluding more severe cases from the dimethicone group, and this has the effect of making the group appear better than it actually was.”

SOURCE: Wiberg JMM, Nordsteen J, Nilsson N. The short-term effect of spinal manipulation in the treatment of infantile colic: A randomized controlled clinical trial with a blinded observer. Journal of Manipulative Physiological Therapy, 1999; 22:517-522.

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CHIROPRACTIC CARE DECREASES SYMPTOMS OF COLIC IN INFANT

CASE STUDY: An infant had suffered with colic from the time he was six weeks old. He was still suffering at six months old – crying excessively, not sleeping for more than three hours at a time and spitting up after nursing.

Traditional medical care did not improve his symptoms. He was brought in for chiropractic care. K in just two weeks, results were observed.

After six adjustments, the 2-3 hour incessant crying was reduced to 10-15 minute periods and the spitting up was resolved. After four more adjustments he was sleeping six hours a night and napping twice a day.

The infant also appeared more comfortable and content while awake and was able to fall asleep without screaming.

In just eight weeks of chiropractic care, the infant's symptoms were mild to nonexistent, where medical treatment for more than five months offered no results.

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CHIROPRACTIC EFFECTIVE IN TREATING INFANTILE COLIC

According to a study, recently published in the *Journal of Manipulative and Physiological Therapeutics*, Chiropractic is effective in treating infantile colic.

During birth, nerves controlling the digestive system are twisted, which cause gas, bloating and pain. Pressure applied to the vertebrae during an adjustment, restores and aligns these nerves, which relaxes the muscles and alleviates the symptoms.

With Chiropractic adjustments, the infants were crying less than the infants who were treated with the drug dimethicone. The number of hours crying were reduced by more than double.

Elliott Grusky, D.C., a Miami Chiropractor specializing in Pediatrics, said infants as young as two weeks old can be treated with chiropractic care. 3-5 Spinal adjustments over a several week period are usually needed to relieve the colic.

SOURCE: Parents, June 2000, p.72.