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LIA Lifestyle Instruction Aid

aa1. Children

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Modified March 6, 2008

Do children get pain? Of course.

Children benefit as much from spinal corrections as adults do. The scientific research on the effectiveness of chiropractic care is quite clear and quite dramatic. Children can get back pain when they participate in sports or get some form of injury to their back. Correcting children's spines at the first sign of back pain is helpful in reducing long lasting pain syndromes.

Children tend to respond faster than adults and quite often grow out of injuries because their tissues are still growing. It is wise to get children's spines checked out early so they do not end up growing into an injury in the wrong way.

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