Pediatric Chiropractic Bulletin

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From the President's Desk…

As you read this, you have recently witnessed the dawn of a new era - the inauguration of President Obama. The increased optimism President Obama brings to our country is equaled only by his ability to listen to the needs of its citizens. One of those needs is healthcare and big changes are on the way for our nation's healthcare delivery system.

The ACA is working hard to ensure that chiropractic is included in the healthcare reform discussions. As someone said at our last House of Delegates meeting, *"If you don't have a seat at the healthcare reform discussion table, you will be dinner for those who do."* The ACA is working to secure a seat at that table. And your Pediatrics Council is working equally hard to ensure that young patients are included in the discussions as well.

Chiropractic pediatrics has had an increasing presence in both the scientific literature and the popular press. Two recent publications have sparked much interest. The first is a CDC report on pediatric CAM (Complementary and Alternative Medicine) use in the U.S. The survey revealed that chiropractic/osteopathy is the most common doctor directed CAM therapy used by children. 2.8% of all U.S. children saw a chiropractor or osteopath in 2007. That number increases to 5.7% for those children whose parents are chiropractic/osteopathic patients. Overall, chiropractic was second only to the use of non-vitamin supplements like herbs and fish oils.

The second interesting article was published in *Pediatrics* in December 2008. That article, which looked at CAM use in children, found that "…chiropractors were the most common CAM providers visited by children and adolescents." They estimated that up to 14% of all chiropractic visits were for pediatric patients. Both articles can be accessed via our website http://acapedscouncil.org/ACAPC-Research.html.

Stories on pediatric chiropractic are also starting to appear in the popular press. On January 19th, USA Today ran an article about kid's visiting chiropractors, which can be accessed through our website http://www.acapedscouncil.org/ACAPC-News.html or directly at USA Today's website http://tinyurl.com/usatodaychiropeds. Another story on pediatric chiropractic was featured on Yahoo! News, Reuters, and other news websites http://tinyurl.com/reuterschiropeds. These articles tell us: 1. CAM use among children is on the rise. 2. The medical world is starting to take notice of this increased usage. 3. There is growing interest amongst parents about CAM therapies for their children.

Your Pediatric Council would like to make sure that we can meet this growing demand for pediatric chiropractors. As a result, our goals this year include working to increase DICCP course offerings, so those of you who want to attain diplomate training in chiropractic pediatrics have that opportunity. We would also like to capitalize on this media coverage by continuing our campaign to educate the public, the media, the insurance industry and legislative bodies about the importance of chiropractic care for children.

The more members we have, the more resources our council has to meet these goals. Please take the time to renew your 2008-2009 membership if you have not already done so. And please encourage a colleague to join our Council and our cause. Membership applications are available at:

http://tinyurl.com/acapedsapp

Thanks for all you do for pediatric chiropractic and for the children!

Your President,
Elise G. Hewitt, DC CST DICCP FICC

Sports Corner

Dr. Randy Hewitt practices alongside his wife, Dr. Elise Hewitt, at Portland Chiropractic Group located in beautiful Portland Oregon.

SPRAINED ANKLE QUIZ QUESTIONS

Randy L. Hewitt, DC

Certified Chiropractic Sports Physician

As a doctor of chiropractic, should we assess and treat a child's ankle sprain? Of course, as biomechanical experts we actually have more insights and interventions for non-surgical cases than any other type of healthcare provider.

What is the difference between a 1st, 2nd, and 3rd degree sprain? Most sprains are of the first degree, where there is mild swelling and limitation of movement due to mild tissue damage. Second degree sprains have substantial, bulbous focal swelling or swelling that encompasses the entire ankle, obliterating most of the bony landmarks and dramatically restricting active mobility. Second degree sprains yield a rainbow of purple, green, and yellow colors that persists for a few weeks. Third degree sprains are rare, often include avulsion fractures, look the same as 2nd degree, but are completely immobile due to pain.

How can I distinguish a 2nd from a 3rd degree sprain? In theory, orthopedic tests such as Talar Tilt and Anterior Drawer are used to distinguish one from the other, but in reality, the pediatric patient will rarely let you take their sprained ankle to its limit - regardless of age. When necessary, MRI evaluation will pinpoint the involved ligament and generally identify a complete rupture or avulsion fracture that constitutes a 3rd degree sprain.

What is the relative occurrence of these sprains in pediatric population? As noted above, 1st degree sprains are the most common, by far. 2nd degree sprains usually occur in high school athletes, but not younger, as the forces of movement and body size contribute to the tissue damage. 3rd degree sprains are exceedingly rare in pediatric patients.

How long do these take to heal? Guidelines always have a lot of range, but in general, first degree sprains will resolve in 1 month, second degree sprains are debilitating for a month, and take two more months to resolve; third degree sprains are debilitating for 2-3 months, and take 6 months or more to resolve.

What ligaments are we talking about? The ATFL (Anterior Talo-Fibular Ligament) is the most common; others include the posterior talo-fibular ligament, the fibulo-calcaneal ligament, and the deltoid ligament. Look them up in an anatomy book to set your mental picture.

What does comprehensive care include? Thorough assessment, ice baths, ice packs, and ice massage, wrapping for compression and bracing for support, herbal anti-inflammatories like bromelain, manipulation of the ankle joint, subtalar joints and others, massage to the gastroc-soleus and lateral compartment muscles, and stabilization and coordination exercises. Cutting corners on any of these is cutting corners on your patient's care.

Why manipulate a sprain, aren't some ligaments damaged already? Manipulation should be used as soon as the patient can tolerate it - in about one week for a 1st degree sprain, two weeks for a second degree sprain, and two months for a 3rd degree sprain. The goal is to restore the normal apposition and functionality of the talocrural and subtalar joints. Omitting manipulation prolongs the recovery time and increases the chances of re-injury.

Children sprain their ankles and need comprehensive care, yet few providers can do the job. Be diligent about seeking training and experience in this area of chiropractic and your patients will be ever so grateful.

Do you have an idea for a newsletter article or a submission you would like to enter? Please email any ideas or articles to: mailto:drarah@cechiro.com

As chiropractors dealing with the health and wellness of the pediatric population, it is important that we capitalize on the recent media press and attention to bring about awareness of our profession and the benefits it can produce. If you have any ideas or ways that you have brought about awareness to our profession then please email us your experience and we will share it with the other members in our next newsletter. Here are some links I would like to share with all of you regarding some recent media attention. Enjoy!

Pediatrics

This may be repetitious but here are the links Dr. Elise Hewitt mentioned in her article on page one.

Yahoo news:

http://tinyurl.com/reuterschiropeds

USA Today story:

http://tinyurl.com/usatodaychiropeds

Chiropractic, Kids, and Ear Infections…….

Below are two different media reports talking about chiropractic care for ear infections. It is amazing to see our profession grow and to be considered with regards to this condition.

http://www.youtube.com/watch?v=g7kzTeNBAyk

http://www.youtube.com/watch?v=FKZ87U2LInU

Chiropractic care for kids:

http://tinyurl.com/minotchiropeds

15 minute video produced by our President, Dr. Elise Hewitt about chiropractic for kids:

http://tinyurl.com/hewittvideo

Member Profile-- Arah McLaughlin, DC

For the year 2009, I have entertained the goal of hopefully introducing all of our members to each board member of the ACA Council on Chiropractic Pediatrics. Last year, you were introduced to Dr. Elise Hewitt, our President and to Dr. Amy Watson, our secretary and if you didn't have an opportunity to read their profiles, you can find them in the newsletter archives on our website at: http://www.acapedscouncil.org/

With that being said, I thought I would use this time to introduce myself, Arah McLaughlin D.C. and give you the perspective from a somewhat newly practicing chiropractor who focuses their practice primarily on pediatrics, women's health and pregnancy. The format will be different, in that interviewing myself would seem a little weird and my goal is to just tell you a little about myself, my practice, my chiropractic philosophies and experiences. Currently, I am working as the newsletter editor for the ACA Pediatrics Council and I am practicing in Portland, Oregon.

I started practicing 3 years ago with my husband who is also a chiropractor. It was always my goal to be a physician but I didn't know that I would be a chiropractor until I had my own success as a patient 8 years ago. It was at that time that I had realized that I wanted to encompass a more holistic approach to medicine and then decided to go to chiropractic school in 2003 at Western States Chiropractic. While in school at Western States, I managed to have my two wonderful children, which helped precipitate my desire to work with children and pregnant women. I, therefore, continued my education in these areas through the ICPA certification program and also learned other techniques, such as; craniosacral therapy through the Upledger Institute.

There isn't a day that goes by where I'm not amazed by the miracles of chiropractic. Often times, due to our close proximity to Western States Chiropractic, we have student observers wanting to know more about chiropractic pediatrics and they too are also amazed at just how much children seem to enjoy treatment. Many times, I get mother's who are having difficulty with their infants due to colic and nursing issues and these two conditions are often successfully treated with chiropractic and craniosacral therapy. It is such a good feeling to give my patients and often their parents that relief.

One pearl of wisdom that I have acquired is that pediatric care starts while the child is in utero. By giving the mother-to-be the best chiropractic and wellness care, it allows for more optimum conditions for the growing fetus and research indicates that mom's receiving chiropractic care throughout their pregnancy often have less interventions used and shorter labors, which each directly affect that child's health.

In my practice, my goal is to talk to everyone about the benefits of chiropractic and that our chiropractic journey can start at birth. I feel I have failed my regular patients when they ask "You can adjust kids?" and "Why would a child need an adjustment?" I feel it is important to have this dialogue with everyone who walks through my door because I am passionate about just how much impact chiropractic care can have on a child.

Recently, I had a patient present to me with a right torticollis. The mother was very afraid of what her PCP mentioned for possible treatment plans. It was appalling to me that chiropractic wasn't on the plan. After evaluating the patient, I found that the child had a right lateral atlas and an extremely tight SCM on the right. With 3 chiropractic adjustments addressing the right atlas and soft tissue work to the SCM, the child had complete upright positioning of his neck and no more torticollis. That is just one of the many little miracles that chiropractic care can create. I am proud to be part of our profession and extremely proud to part of the ACA's Pediatric Council and its members aiming for similar goals.

Arah McLaughlin, DC

Quotations to Inspire

"Not everything that is faced can be changed. But nothing can be changed until it is faced."

~James Arthur Baldwin

"A life without cause is a life without effect."

~Barbarella

"We must teach our children to dream with their eyes open."

~ Harry Edwards

"Children are our most valuable natural resource."

~ Herbert Hoover

"Too often we give our children answers to remember rather than problems to solve."

~ Roger Lewin

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