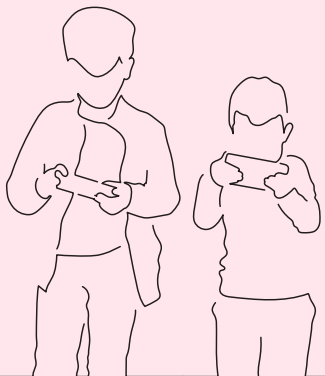


# They're not Growing Pains



*Did you know that what we call growing pains aren't actually associated with growing?<sup>1</sup>*

We know very little about growing pains apart from that some children get sore arms or legs at the end of the day and they usually wake up feeling better.



## **21st Century Epidemic - "text-neck"**

Our children are experiencing more pain than ever before.<sup>5</sup> Pain in kids is often associated with low levels of physical activity<sup>6</sup> and our kids are less active now than ever before.<sup>7</sup> One reason for this inactivity is many children now spend between 5 to 8 hours a day on their smartphones and handheld devices!

Text neck results in changes in the bones, ligaments and muscles that support the head and causes postural changes and pain in the neck and other related areas.<sup>4</sup>



## Chiropractic Care can interrupt the Pain Cycle in Kids

Text neck results in changes in the bones, ligaments and muscles that support the head and causes postural changes and pain in the neck and other areas.<sup>4</sup> It can even cause eye problems and problems with breathing and circulation.<sup>4</sup>

Parents need to be aware of this major public health problem and be proactive about helping their children. The best place to start is by limiting screen time and encouraging physical activity.

A research study looked at the benefits of chiropractic care for kids with recurrent headaches. Headaches in kids are very common<sup>8</sup> which is a real problem, and kids with frequent headaches suffer from higher levels of stress and depression. Just like so many other types of pain, kids who suffer from headaches often go on to become adults who suffer from severe headache syndromes.<sup>8</sup>

Many things can cause headaches in kids, from poor food choices through to trauma on the sports field or playground.<sup>8</sup> But, one other very important cause of headaches in kids is prolonged static posture - a scientific way of describing text neck.

A group of researchers wanted to find out whether chiropractic care might help break the headache

cycle in kids with recurrent headaches.

So they did a study with almost 200 kids aged between 7 and 14 who suffered from at least one headache per week. They split the kids up to either receive chiropractic care for four months or fake chiropractic for four months. What they found was the kids in the chiropractic group had significantly fewer headaches than the kids in the control group and they felt better too. Almost half of the kids in the chiropractic group reported that their headaches had improved during the study which was a really good result for those kids!

This study shows how chiropractic care can help interrupt the pain cycle in kids<sup>2,3</sup> Remember though that chiropractic care isn't just about treating pain. Chiropractic care is all about improving the communication between your brain and body so you can function at your optimal potential. It's also good to know that chiropractic is known to be safe for kids and babies.<sup>9,10</sup>

So, make sure your child's spine and nervous system are in great shape by taking them to see your family chiropractor and give them the best possible start in life.

### Disclaimer and References

This information is provided for educational purposes only. It is not intended to be professional advice of any kind. Haavik Research Ltd encourages you to make your own health care decisions based on your own research and in partnership with a qualified health care professional.

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