

# CHIROPRACTIC & HEALTH

## A Natural Connection

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### *Chiropractic More Effective and Safer than Usual Medical Treatment for Infants with Symptoms of Colic*

Rome et al. (2019) Medical Management of Infantile Colic and other Conditions with Spinal Manipulation: A Narrative Review of the European Medical Literature. J Contemp Chiropr (2): 60-75

#### QUOTE BOARD:

"Chiropractic has been examined with rigour and found safe. Our interpretation of this evidence is that there is virtually no danger to infants from carefully applied manual methods by qualified providers..."

"We consider it important to report the uncertainty of medical management of infantile colic and to recognize manual therapy as a legitimate management option as actively utilized by mostly European medical doctors."

#### Conclusion:

"On balance we can state with confidence that the published, indexed evidence places conventional chiropractic management of infantile colic as safe and effective in the manner clearly documented as clinical methods in the European Medical literature."

### Key Concepts:

According to the literature, including a recent 2016 Cochrane Review, there is no evidence of effectiveness, and strong evidence of harm, for the drug treatments pediatricians have been using, and continue to use, for the treatment of colic or colicky symptoms. A 2014 Cochrane Review found that there was some evidence of benefit from chiropractic manipulation/adjustment care for children with colic and that there was no evidence of harm from chiropractic manipulation/adjustment.

The cause of colic is unknown but recent evidence suggests that it may be "baby back pain" or at the very least have a segmental spinal joint and muscle component. Further, it is well known that chronic spinal pain and/or dysfunction can affect moods and, via autonomic responses to pain and emotions, affect digestion and perhaps gut motility.

Further, a recent study published in the American Osteopathic Association Journal found that a vast majority of newborns have joint and muscle dysfunction at birth and that this was highly related to length of labor. Also interesting is the fact that both chiropractic and osteopathic studies have shown that manipulation/adjustment care for pregnant women significantly reduces labor time.

### Key Take Home Points:

The negative bias towards evidence-based chiropractic care and the false rhetoric regarding the evidence and safety of usual medical care has been proven over and over again by scientific studies to be unfounded and false. Millions of patients have suffered needlessly from a lack of effective chiropractic care and millions have suffered from the adverse effects from ineffective, dangerous medical care. This human tragedy continues because so many are unaware of the truth! The medical/pediatric diagnosis and drug prescription management of colic has proven to be ineffective and to be associated with significant adverse effects/harm.

Parents of infants with symptoms of colic, and the infants suffering from colic deserve to have access to the safest, most effective care options.

Just as with adults, chiropractic manipulation/adjustment for infants with segmental spinal joint and muscle issues causing pain and other neuromusculoskeletal dysfunction represents the most evidence-based, most effective, and safest care option. Kids deserve safe, effective chiropractic care too!



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