

Chiropractic helps earaches in children

Question: My son has had earaches since he was a year old. He is now five and the earaches continue even after different series of anti-biotic treatments and tubes. Is there anything that a Chiropractor can do to help?

Answer: As a Chiropractor that focuses on pediatric conditions, I would rate earaches as one of the top five reasons that parents bring their children in to see us for treatment.

Earaches are commonly treated with anti-biotics in the medical field. A growing concern over the over-utilization and questionable effectiveness of anti-biotic use for a child's ear infection is evident. Many physicians in all the healing arts are taking precautions before writing or suggesting prescriptions for anti-biotics. The modern bacterial strains that cause ear infections are becoming more resistant to the anti-biotics. More physicians are taking cultures proper to prescribing anti-biotics, intending to get a specific antibiotic for a specific strain.

It is true that even bacterial-induced ear infections can resolve on their own. Our protocol in Chiropractic is to monitor any fevers or symptoms while administering specific adjustments to the spine that indirectly assist the nervous system in stimulating the immune system. Additional lymphatic drainage and cranial balancing will align structures around the ear to assure proper drainage of pressure caused by congestion.

The Eustachian tubes and their position within the ear play an important role in fluid drainage from the ear. The tube angle in a young child is more

horizontal than it is vertical. Because of this tube angle fluid has a tendency to remain stationary longer than when the anatomy matures to a greater vertical angle. Understanding this basic maturation process is somewhat comforting to a parent that feels their child's condition is helpless or they may need tubes prematurely. Each child is genetically unique in this maturation process. A possible cause of some children's tendency towards ear conditions may be this genetic predisposition.

Chiropractic has excellent success with both acute and chronic earache conditions in children. It is the responsibility of your Chiropractor to discuss every alternative and option in making a treatment choice for your child. A conservative, non-invasive drugless approach, with safety in mind first, makes the most sense.

Quote of the week: *"Life shrinks or expands in proportion to your courage."* – *Barbara Winter*