



Kids Our Family Newsletter First

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Our goal is to inspire you, to provide you with the latest health care options available, make you smile, and help you to help us fulfill our mission – *to reach as many parents and children as we can!*

Last month I covered the issue of **Scoliosis**. And we talked about the fact that the medical profession is completely at a loss of how to handle this problem aside from the barbaric and totally inept use of corsets, braces, “wait-and-see” attitude of many physicians, and spinal surgery as a last resort.

None of these address the problem. They only deal with the curvature of the spine. They do not deal with the reason it is there.

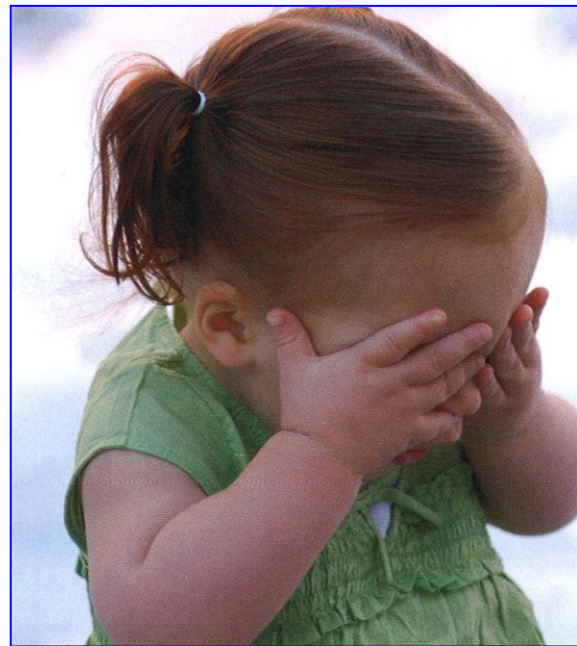
My next topic is actually closely related to the issue of Scoliosis in that the cause is very similar:

Growing Pains:

Have you ever experienced the heartbreak of having your child cry at



bedtime with what seems to be indescribable pains in his/her legs? You may have tried all the standard parent remedies such as walking, reading, hot towels, cuddling, massaging the legs, all to no avail. The pains still persist.



Eventually your child finally falls asleep from sheer exhaustion, and you simply dread a repeat performance the next day. Your heartstrings and nerves have had it. Finally, out of pure frustration you seek professional help only to be told that it is simply “growing pains,” and are told that, “your child will eventually grow out of them.”

Concerned parents often hear such puzzling comments. What is worse is that they may actually believe them.

You were probably told that your child’s legs hurt because the bones, ligaments and muscles are developing and

stretching, and a little pain is a normal part of the process. If you subscribe to this explanation, then apparently all these tissues and bones, etc., all grow at different rates and it is logical that they *should* then cause pain.



This has always been traditionally explained as a normal part of childhood. Many concerned parents have believed this theory for years, because at first glance, it seems fairly sound. It appears to be plausible and after all, parents are not trained as doctors.

Let's put a monkey wrench into this thinking: Think about this just for a moment:

When did it ever hurt to grow?

Does that seem rational to you?

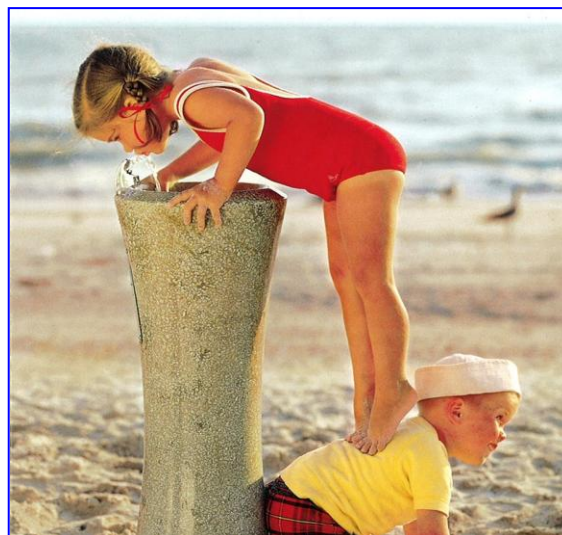
And why only the legs? Don't the arms grow? What about the nose, the fingers, and all the other parts of body, including the head? Why don't they hurt? You are suddenly beginning to see that the explanations most parents hear are not only untrue but also completely illogical.

If that's the case then, what is the real reason of these pains?

Growing pains are defined as pains in the limbs and joints of children often attributed to rapid growth. It is a mistake, however, to attribute any pain to growing. Growth is a natural process occurring in the body that increases size. The human body is complex in its development and growth, but it is a positive, not painful process.

Growth occurs very rapidly during early infancy. Middle infancy is marked by gain of control over large muscle groups. Between the ages of two and one-half to eleven years, physiological growth rates actually lessen. Since a child's height and weight then changes slowly, he/she is able to gain bigger and better balance in his/her sensory-motor operations during this period of development.

The next stage of development is puberty and usually occurs between the ages of ten and fifteen years of age. This stage of rapid growth and maturation is most often associated with the term "growing pains." Rapid growth starts with a release of new genetic information by certain "organizing" cells. This information activates the endocrine system, and the glands of that system then produce hormones, which will activate growth. The pituitary glands actually secrete several hormones directly related to growth. Somatotrophin controls the size of the individual, especially the length of the limbs. Thyroxine, produced by the Thyroid gland, revs up and influences the metabolism of the body. These hormones, acting together, activate the cells of the body to increase and promote rapid growth.



The maturation of the skeleton is a near perfect example of growth engineering. Molding itself as it grows, it adapts to its own growth. The vertebral column requires two more curves than it had at birth and the

legs become proportionately longer with the trunk shorter. While bone development is consistent with the general rate of physical maturation, the speed of muscular growth is influenced by the amount of physical exercise.



Muscles lengthen proportionately to bone growth and so do the ligaments attached to these bones. In other words, **everything grows at a normal, perfect rate – with no pain!** But for muscles to increase in size, physical exercise is needed — and at that age children are generally very active.



Even their everyday activities promote a certain degree of muscular development. The children that are super active will increase more, but not until the late stages of puberty are the muscles ready for major development. If major

muscle growth should precede bone development, it is liable to contribute heavily to psychomotor un-co-ordination. This is the reason I'm not keen on pre-teens being on active and vigorous weight-training programs.

Even in rapid growth, the process is very delicate and precise - the body is special in the way it is able to adapt to this process. This is called normal and is under the perfect guidance of the nervous system!

The vast majority of children I see complaining of growing pains are in their very active formative years, mostly between six and fifteen years old. The sudden jars, bumps and lumps of vigorous play often produce stress on the spine, and cause the vertebrae to become subluxated.



These subluxations affect the way certain nerves control the function of your child's legs, knees, feet, etc. In adults this is called Sciatica — pain in the legs.

And even the internal organs can be affected, creating a plethora of difficulties ranging from abdominal cramps, diarrhea and/or constipation, Crohn's Disease, etc.

As well as vertebral subluxation, children can also suffer from what is referred to as a **"functional pelvic imbalance."**

In simple terms, it is a functional error in the manner with which the pelvic

bones move and function, which then changes the way a child walks, moves, etc.

This subluxation pattern seems to be prevalent in four to fifteen-year-olds and can cause considerable strain on some of the muscles and ligaments of their legs. They become slightly inflamed, spasm, and produce discomfort. The discomfort your child experiences in the legs, is either from sciatic nerve involvement or from continuous strain on their muscles and ligaments. It is **not** from growing.



These pelvic imbalance errors often cause children to develop Scoliosis (we talked about this problem last month), and change the function of certain pelvic muscles to produce internal rotation of the legs and feet and contribute to such as commonly called problems as “pigeon toes,” or “fallen arches,” etc. To that end, many specialists have recommended arch supports, orthotics, etc. As a result, because the actual problem is not addressed, these appliances produce strain on the hip, knee, and ankle joints. This can sow the seeds of early arthritic degeneration. Not a god thing!

These are often the children who are labeled as “klutzy.”

Many parents are surprised to learn that most of the problems I see in adults can be traced to some childhood injury or incident, which caused a vertebra or pelvic area to become subluxated. One of my colleagues, Dr. Ogi from Canada, completed a seven-year research study on this phenomenon. His team found a new subluxation affecting the manner in which the pelvic bones function. He refers to this as a **“Pelvic Distortion Subluxation Complex.”** It is a major contributor to the production of Scoliosis in children, leg pains, ankle inversion, feet turning in, knee problems, and a variety of internal complaints children as well as adults are often plagued with – Crohn’s Disease, Colitis, IBS, to name a few.

Consider this — those of you who are bothered by low back pain and leg pain as adults, most likely also experienced “growing pains” when you were young. You may not have realized that by having your subluxations corrected as a child may very well have eliminated what you are experiencing today.

If your child is experiencing pains in the legs, or “restless” legs, or any of the problems I have mentioned above, please talk to me – it should be a top priority.

As well as seeing a chiropractor, which I consider to be most important, the following will also offer temporary relief in the meantime.

1. Hot damp compresses on the outer part of the thighs.
2. Gentle leg stretches and massage
3. Vitamin B complex.
4. Calcium supplementation.

One thing you should keep in mind is that pain is a warning. It is the body’s way of letting us know that something is not right. If your child is complaining, please remember that there is a reason for it.

It would be my pleasure to check your children!

Please...if you have any questions, or would like any information on any health topic, it would be my pleasure to help you!Dr. Steven Murdoch