

Upper Cervical Care for Children

Upper cervical chiropractic is a safe and gentle way to reduce or relieve many childhood conditions or symptoms that relate to the nervous system.

Upper cervical chiropractors focus on **identifying and correcting the C1 and C2 vertebrae** located at the base of the skull. Misalignments of these two bones can have far-reaching effects due to their proximity to the brainstem, vertebral arteries, Eustachian tubes, and other key structures of the central nervous system (CNS), vascular system, and vestibular system. Mere fractions of a millimeter can make a difference.

Safe for the entire family.

Upper cervical specific care involves precise measurements of the C1 and C2 using modern diagnostic imaging techniques. This allows the practitioner to **calculate a precise adjustment that may be performed manually** or with the use of an adjustment instrument or a specialized upper cervical chiropractic table.

How could my child have a misalignment?

There are many ways for the upper cervical spine to become misaligned:

- **At Birth** – A difficult childbirth could cause misalignment. However, even during normal childbirth, the head may be bent or twisted in ways that result in misalignment.
- **As an Infant** – It can take up to 6 months for a baby's neck muscles to develop to the point where the child has full head control. This is a critical time in development, and neck support is vital while the child is being held.
- **While at Play** – From playing around the house to hanging out on the playground at school, there are plenty of opportunities for kids to trip, fall, and suffer a misalignment.
- **Car Accidents** – A car seat can save a child's life when an accident occurs. However, it may not stop all damage from occurring. Anything that can jar the neck can cause misalignment, and a car accident is certainly included.

Align Your Spine!

When the spine is aligned, the nervous system can function free of interference and the brain can receive proper blood supply.

Because adjustments are so precise, there is no twisting or jerking motion. There is no popping or cracking sound. There is no pain associated with the adjustment. **Relief is often immediate**, and the benefits only grow as time passes with the C1 and C2 in the proper location. It is so gentle that anyone, from great-grandparents to infants can benefit.



SCAN HERE FOR REFERENCES



If your child currently suffers from a health condition, an upper cervical doctor will strive to correct its cause. If your child is symptom-free, Upper Cervical care is one of the best ways for them to stay healthy. onetemplewellness.com