

Better Tummy Time

Our babies' trajectory for health as an adult can change a lot based on the developments made as an infant. Arguably the most important is the structural and functional development of the baby's brain. Tummy time is important for babies as this is crucial for the baby's motor, visual, & sensory development. In terms of physical development, an infant's brain grows up to 90% of its adult size early on while the cranial bones are still soft and malleable.

In the early '90s, there was a rise in parents putting their infants to sleep in a supine sleeping position (horizontally, face up) as part of a campaign to help decrease the risk of SIDS. While the risk of SIDS decreased by 40%, the rise in plagiocephaly was up by 600%. With this information, we must understand plagiocephaly and our options in helping to combat it.

A recent case study was conducted on a 4-month-old baby suffering from an aversion to tummy time and plagiocephaly (when an infant's head becomes flattened in one area). In the case study, the infant presented to chiropractic care, where the infant was adjusted carefully and specifically. After just 1 adjustment, the infant's mother reported an increase in tummy time tolerance and could roll from her belly to her back for the first time. Over the course of 14 visits, both mom and the chiropractor noticed an increased range of motion and a difference in cervical extension. The chiropractor took cranial measurements over the course of care and noted a visible difference! Chiropractic care has been proven to be both safe and effective in infants in helping them develop at their best!



Adequate tummy time is crucial for the structural development of the skull and the functional development of the brain!

Bishop, A., DC. (2021). Improvement in Positional Plagiocephaly and Tolerance of Tummy Time in an Infant Undergoing Chiropractic Care: A Case Study & Selective Review of Literature. J. Pediatric, Maternal & Family Health, 20-25.



Spread knowledge! Share this with a friend!
(402) 881-0883
awakenomaha.com



© Intellectual property of ChiroEdge