

# Hearing and Ear Infections

Our senses allow us to interact with the world around us. The senses allow us to taste our food, feel the touch of a loved one, hear the laughter of a friend, see a rainbow, and so much more! When our senses are compromised, it can mean we miss out on all that our senses can provide. While we may not always prevent or re-gain the use of a sense, that doesn't mean there aren't options that could help that we can try.

Any infection is an indication that something within the body is wrong. These can be particularly troublesome when it comes to ear infections, as any unresolved issues can potentially lead to hearing loss. Otitis media is a group of inflammatory diseases of the middle ear that is relatively common amongst children. In fact, 90% of children suffer from otitis media at least once before becoming school age. However, just because something is common doesn't mean it is normal.

Otitis media can lead to hearing loss in children as fluid buildup leads to decreased tympanic membrane mobility. In cases where we see reoccurring ear infections, we know that something within the body is fundamentally wrong as the body cannot fight these infections or keep them at bay. While medications can be useful, we often don't want to find ourselves relying on them chronically and would much rather get to the source of the infections to correct the function and keep them at bay.

A recent study focused on a 10-year old girl who presented to chiropractic care with complaints she had been suffering from hearing difficulty for a year. She had previously suffered from ear infections as an infant and otitis media with hearing loss at 5-years old. At that time, she had undergone bilateral myringotomies with tubal placement. Under chiropractic care, the goal was to assess subluxation (interference in the nervous system preventing optimal function) and remove interference through careful adjustments. After just 6 adjustments, her hearing ability was within a normal range! She continued to improve within the year and had no complaints of hearing difficulties at 2 years of chiropractic care! Neurologically-based chiropractic care works to ensure that the body can function and heal optimally at the source!

Adams, P., & Kiela, E. (2021). Improved Hearing Following Chiropractic in a 10-Year Old Child with a History of Chronic Otitis Media & Hearing Loss: A Case Study & Review of the Literature. *J. Pediatric, Maternal & Family Health*, 2, 32–45.



**Subluxation, especially in the upper neck, can impact proper drainage in the ear and be detrimental to children prone to ear infections.**



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