

Torticollis and Twin Birth Trauma

Babies have much developing to do immediately after they are born. After all, their whole lives are ahead of them, and they have unlimited potential! It's essential to ensure that they're developing at their best, interference-free. Neurologically based chiropractic care has been proven to help remove interference of the nervous system from subluxation. It helps reduce the symptoms of dysfunction through restoring optimal, proper function at the source –the way it should be.

A recent case study was published describing the care of a 13-day-old twin baby dealing with torticollis (a spasm of the sternocleidomastoid muscle that causes the baby's head to be in a flexed and rotated position), breastfeeding difficulties, and cranial distortion. During most of the pregnancy, the baby boy was in a head-down position with his twin sister on top of him, which was a significant concern for the parents.

Over the course of six weeks, the patient was seen for care seven times. The goal of each visit was to remove subluxation using gentle, specific adjustments. After just three visits, a prior complaint of excessive gassiness had resolved. After six weeks of care, the baby's parents reported that their son's head was aligned in a more neutral position, and the torticollis was no longer present. They also said that previous issues with sleeping and breastfeeding had resolved and he was able to latch to both breasts. Maintenance care was implemented to ensure the patient remained subluxation-free and was functioning at his best!

Green, S., DC, & Alcantara, J., DC. (2019). Resolution of Torticollis, Breastfeeding Difficulties & Cranial Distortion in a Twin Infant Undergoing Chiropractic Care for Vertebral Subluxation: A Case Report & Review of the Literature. J. Pediatric, Maternal & Family Health,78-81.



Chiropractic care for newborns helps to reduce the effects of trauma endured during the birthing process, and can be especially important for children suffering from torticollis!



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