

Colic presents as a constantly irritable baby, usually beginning in the first few weeks following birth and continuing up to three months of age or even longer. Infantile colic is the name given to persistent and most often violent crying for no apparent reason in otherwise healthy and thriving infants. Babies may arch backwards in pain or draw their knees into their chest. They may kick, flail, tighten their fists, and appear to be in despair. Colic affects up to one third of newborn babies and has no apparent known cause. Classically the infant appears to be frightened or in distress and the crying is largely unaffected by parent's attempts to comfort their baby. While colic may be a well recognised condition in infants, bear in mind that many babies exhibit fussy behaviour without meeting the criteria for colic, which includes;

- violent crying for at least three hours per day
- for at least three days a week
- for at least three weeks in a row
- with resolution by the age of roughly four months

Irritable Baby Syndrome presents as an irritable baby that does not meet the criteria of colic. However is generally difficult to calm, is only content when held, is at times inconsolable even when physiological needs have been met, cries more often than a content baby and sleeps poorly for relatively short periods of time. Often irritability lasts longer than the three-month duration of colic.

Irritable babies will often want to be fed frequently, as breast milk has an analgesic affect that lasts about two hours. The action of sucking also provides comfort and can block the pain pathway to the brain.

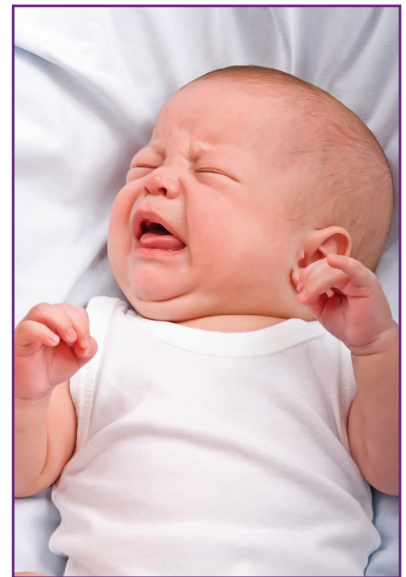
WHAT CAUSES COLIC AND IRRITABLE BABY SYNDROME?

During late pregnancy, labour, birth or shortly thereafter, abnormal forces or pressures on the baby's body can misalign the vertebrae (bones) of the spine. This can cause pressure on the surrounding spinal nerves. When these nerves have pressure on them, they cannot function properly. This can then result in a variety of symptoms, depending on which nerves are affected.

Depending on which areas are most affected will have some impact on the type of symptom your baby will present with. Upper neck dysfunction is the most common cause of the majority of these complaints, as this is the most vulnerable during birth.

The middle back (thoracic) region is also commonly found during assessment and is associated with postural distortions as well as reflux and feeding problems. Pelvic and sacral dysfunction is typically associated with constipation and discomfort.

These babies may also be irritable in the car seat or during nappy changes or other positions that put stress on the pelvis. Pelvic and sacral problems are also associated with delayed development of sitting and crawling. Obviously this will not become apparent until later down the track.



Cows milk protein allergy (CMPA) is the most common cause of digestive irritation and skin rashes. An irritable baby's mother will always be advised to cease all dairy consumption (100%) for four weeks. This allows the milk protein to be released from the baby's gut and to restore normal digestive function. If a positive effect is noticed then the continuation of dairy avoidance is necessary.

HOW DOES CHIROPRACTIC HELP?

Extensive research has been done into Paediatric Chiropractic and the positive effects Chiropractic care has on restoring normal function to the body.

Although there is still a lot to be discovered in terms of the exact physiological cause and affect of how the Chiropractic adjustment obtains such good results, significant amounts of clinical data of chiropractic's success with these typical infantile conditions, cannot be refuted.

Chiropractic restores normal alignment and movement of misaligned and fixated vertebrae, which removes potential nerve pressure from the surrounding spinal nerves. Pressure on these nerves has been correlated with poor function in the nerve's respective area of operation.

Clinical studies have been done into chiropractic and paediatric presentations over many years in many countries and all consistently conclude that chiropractic is of extremely high benefit and almost zero risk of treatment.

Chiropractic adjustments have long been acknowledged as a therapeutic tool for infantile colic. Chiropractic has been shown to have a 94% success rate in colic and irritable baby syndrome.

Other studies have demonstrated the overall benefit Chiropractic care has in significantly reducing and eliminating these most common presentations in infants.

At **My Clinic Media** we are trained and experienced in managing colic and irritable baby syndrome and consistently boast excellent outcomes.

