



# R. Scott Farley Chiropractic & Acupuncture Monthly Newsletter

JUNE 2017

## Chiropractic & Children

### Now That the Kids Are Out of School...

Summer activities and hot weather. Kids are everywhere you look and engaged in every activity that anyone can imagine. While we certainly want our children to enjoy their summer activities, this can be a time where children can injure themselves while they play.

#### Did you know?

#### Chiropractic helps with:

- Allergies
- Headaches
- Constipation
- Stress
- Fever
- Asthma
- Earache
- Pneumonia
- Ulcers
- Feet
- Poor Circulation

As Chiropractors, we see many children with neck pain, low back pain, knee, ankle, and shoulder injuries due to accidents during play and sports. Here are some summer activities that are prone to injury:

**1. Trampoline Play.** While trampolines are fun for people of all ages, they can cause significant injuries to kids. Many children jumping at the same time can collide in the air, and people who fall off can hurt themselves on impact. Trampoline injuries can include: neck pain, low back pain, concussions, shoulder pain, knee pain, ankle pain, headaches, broken bones and torn muscles.

To help reduce the chance of injury to your children, if you have a trampoline, consider digging a whole underneath so that the jumping surface is just about ground level. If that is not possible, consider purchasing walls for the trampoline so that the children cannot fall off.

**2. Water Sports.** Diving boards, docks, and swimming pools can be places where injuries occur. Wet surfaces can cause slips and falls, which, in turn can cause injury. There are a few simple methods to use to help decrease the chance of injury.

Speed and wet surfaces don't mix well. The easiest way to prevent head injuries is to ensure that your children walk around areas that are wet. This way, they are less likely to slip, fall, and hit their heads. If at all possible, use a squeegee (with a long handle so that you are not stooping) to scap the water from the surface that is walked upon. Slips and falls can create whiplash-type injuries, and Chiropractors can certainly make a difference to reduce pain and increase mobility. If you or your children become injured, consult Dr. Farley, he is great at helping people of all ages to recover quickly from their injuries.

**Thank you to all of our patients for your referrals!**

**Pam M**

**Dr. Kilian**

**Dr. Jackson**

**Bailey Z**

**Kris C**