

CONSTANTLY CRYING BABY?

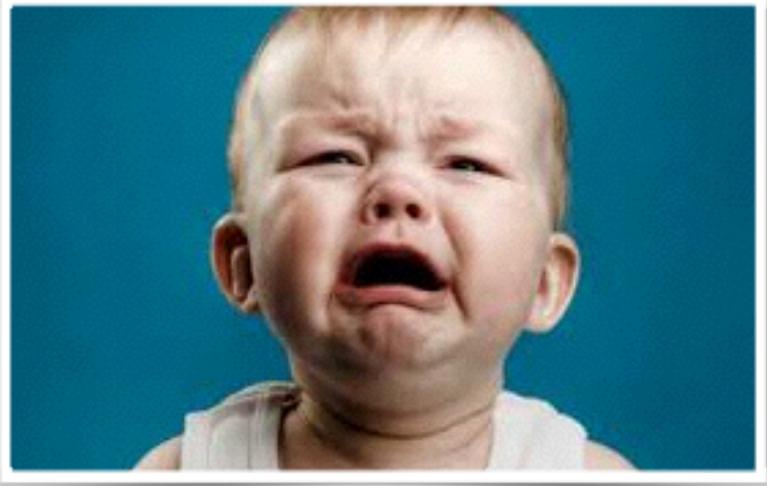
Physiotherapy, CranioSacral Therapy and Your Baby

How Does Physiotherapy Help?

Often babies present with a restriction in their spinal mobility after birth - this can cause discomfort in the baby. Colic for example, is believed to be caused by a restriction of the head-on-neck joint, which may cause an irritation of the vagus nerve, which in turn, affects the gastro-intestinal system. Physiotherapy helps to assess the baby's spine and safely and gently release any restrictions that could be causing discomfort.

What is CranioSacral Therapy?

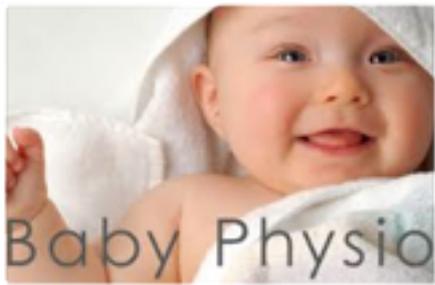
CranioSacral therapy can also help release these restrictions. CranioSacral Therapy is an alternative, light touch, non-invasive therapy. It evaluates and enhances the CranioSacral system, the environment in which the brain and spinal cord function. An imbalance or dysfunction in the CranioSacral system can cause sensory, motor or neurological disabilities.



Physiotherapy and CranioSacral Therapy can help with:

- Colic
- Wind/ Excessive gas
- Reflux symptoms
- Doesn't settle easily/ Restlessness
- Abnormal crying
- Torticollis
- Difficulties latching/ Sucking
- Birth Trauma
- Developmental delays





Contact Info

At Physiodynamix we offer traditional physiotherapy treatment for the above conditions, we also have physiotherapists who are trained in CranioSacral therapy.

For a physiotherapy or CranioSacral therapy appointment contact:

The rooms on
011 706 7433

or

Robyn Scholz on
082 414 7691

website:

www.physiodynamix.co.za

This therapy does NOT replace any advice or medications your baby's doctor has prescribed. This type of hands on therapy is used in conjunction with your medical doctor's recommendations and prescriptions and it is always advised that your doctor has cleared your baby of more serious conditions before you seek treatment.

CranioSacral therapy for babies and children is particularly useful and effective as only 5g of gentle pressure is used, the treatment is safe and the baby finds it relaxing. A trained therapist can detect disturbances in the CranioSacral motion caused by restrictions in the system. Very specific, skilled, light touch is applied where necessary to gently facilitate small movements, which assist the natural ability of the body to release restrictions.

CranioSacral therapy promotes *health from within* your baby's body - this type of therapy enhances and supports the natural function of your baby's body.

Babies delivered by C-section benefit greatly from Physiotherapy and CranioSacral Therapy. In a vaginal birth, the bones of the baby's head go through normal compression/decompression while exiting the birth canal and their spine is often mobilized during the delivery. When baby is delivered by C-section, this process is eliminated and restrictions in the skull and spine can occur.

CranioSacral Therapy has also been used to treat learning difficulties, dyslexia and ADD (related to craniosacral dysfunction) in children.

source: www.upledger.com

