

Health & Beauty



Physical Development and Injuries

As a child gets older and becomes more active, muscular and joint strains become more common. Regular assessments can ensure proper alignment and development.

Children have an amazing ability to bounce back from strains and injuries. However some trauma can be retained in the tissues and joints. The effect may not be immediately apparent but can cause problems later in life.

There are several physical developmental milestones parents can look for. Generally the milestones are similar for boys and girls, although girls typically reach puberty earlier and some growth issues can become evident at this stage.

"There are variations in the development between every child," explains Australian Osteopath and Sports Therapist Aaron Anderson of IMI, "but if groups of physical milestones are being missed, the underlying issue needs to be identified."

Aaron recommends a routine osteopathy check-up once or twice a year for every child, more frequently if your child is specializing in a sport or in the case of an injury such as a fall or broken bone. Regular assessments, and when needed, treatments can ensure proper alignment and development.



"A balanced, restriction-free body is able to work better and with ease," explains Aaron. "Breathing is easier, muscles don't need to become overtaxed, and greater energy can be used for growing, sleeping and learning."

Recently Aaron provided treatment to a child who just turned six years old. He had a fall during one of his soccer practices and complained of minor shoulder pain.

"When I asked him to stand up, I noticed that one shoulder was higher than the other. I also noticed that his left foot was pointing inward. The toes on his left foot were also straining with extra wear and tear on the 2nd and 3rd toes."

These types of imbalances are not uncommon amongst young children. It can be caused by a combination of reasons such as bad posture, early specialization in a sport, or falls and injuries.

"I spent most of the time treating his feet. The feet give our body the information of where we are on earth. The nerve endings of our lumbar spine, L4 and L5, are in the bottom of the feet. Once they are adjusted accordingly there is a big flow-on effect upwards."

In this particular case, Aaron used gentle manual techniques to relieve the distress in the child's back and shoulders.

After a 30 minute treatment, the child was standing more balanced, from head to sole.

"It would be good to check how the adjustments have held for him in one week's time," Aaron advises the parents.

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- neck, back & shoulder pain
- headaches & insomnia
- posture & alignment
- sporting injuries
- athletic performance optimisation
- fertility boosting & birth preparation
- postnatal care for mum & baby
- children's physical growth & cognitive development

Visit our clinics in Central or Discovery Bay. Please call **2523 7121** to make a booking or talk to our Integral Health Advisor for guidance towards the most appropriate treatment for you and your family.

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