

Toilet Troubles?



“Many cases can be helped by chiropractic care and simple lifestyle changes”

Constipation and difficulty using the bowels is a common and often distressing problem faced by many children of all ages, even babies.

Many cases can be helped by chiropractic care along with some very simple lifestyle changes, but some cases are very difficult and require medication.

What is the problem?

The first thing to understand is why your child may be having difficulty using their bowels. It is important to determine whether your child really has constipation or if they are having difficulty opening their bowels. Your chiropractor will want to know the answers to these questions. The cause of the trouble will determine how the situation is treated and what you will need to do at home.

The method used to feed a baby will often determine the frequency of bowel movements. For example a breast fed baby may only have one bowel movement a week and be completely normal, while a bottle fed baby may have three bowel actions a week and be constipated.

Your chiropractor will take a careful case history and do a physical examination before deciding how to manage your child's particular case.

What causes the problem?

Many children have difficulty opening their bowels because the nerve supply, running through the spine, is being interfered with. Chiropractors refer to this as a subluxation. These small areas of interference to spinal function may sometimes cause a less than optimal nerve supply, resulting in lots of straining and sometimes pain when the child tries to open their bowels. This often causes the child to develop a fear of going to the toilet and so they will not want to try to open their bowels. This fear can become an increased problem over time.

What can be done?

Aside from treating your child's spine with a simple adjustment, your chiropractor will ask you to do certain things at home. First, you will need to help your child overcome any toilet fears. Secondly, some children can get a small tear in their anus from straining and you will want to treat this carefully to make sure there is no pain. Lastly, your chiropractor will want you to carefully look at your child's diet.

A diet that will assist your child have normal bowel movements contains lots of water, an abundance of fresh fruit and vegetables and as little processed and take away food as possible. Your chiropractor can help you plan your child's diet and any other approaches you may need to use at home.

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