

## **OSTEOPATHY FOR MOTHERS, BABIES & CHILDREN**

Pregnancy is a time when women are more aware of the workings of their body. It produces the largest postural change that a woman's body will undergo. Osteopathic treatment through pregnancy is a wonderfully gentle way of helping the body adapt to the changes which are taking place. Advice from your osteopath can help you change your posture and help you learn to use your body correctly through pregnancy.

Osteopathic treatment can also help to ease other side-effects of pregnancy such as heartburn, indigestion, constipation and pain in the buttock, groin or leg (commonly called sciatica). Patients have also reported reduced morning sickness after osteopathic treatment. The safety of the mother and baby is the osteopath's first concern, and a thorough assessment is carried out before any treatment is considered.

Many of the problems that babies and children suffer are caused before, during and immediately after birth, and the child may be left with uncomfortable stresses within its head and body. These stresses can lead to problems such as suckling and latching-on difficulties, irritability, colic, wind and disturbed sleep patterns.

Distortions to the head can continue to hinder the growth and development of a child's brain as it grows older. The child's behaviour may be volatile, and they may have problems with coordination and physical development. They may be vulnerable to chronic ear infections, glue ear, headaches, growing pains and stomach aches.

Cranial osteopathic treatment can bring about significant improvement in these cases.

During the teenage years, the body frame undergoes a number of changes. Problems may occur because of an exaggerated spinal curve or because of mechanical changes that occur through osteochondritis – a self-limiting condition that causes a distortion of the bone. Other problems are caused by sporting and recreational activities that carry the risk of sprains and strains.

If these problems are left undiagnosed and untreated they can worsen in later life. Osteopaths can help the body frame adjust to the postural demands made on it. By analysing, treating and managing problems associated with growth, osteopaths make a major contribution to ensuring that young people stay fit and healthy.

Osteopathic healthcare is available from registered osteopaths Stephen Hudson and Caroline Sampson at:

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Chippenham. Tel. 01249 659749  
[www.wiltsosteopaths.co.uk](http://www.wiltsosteopaths.co.uk).**