

## *Pediatrics*

With a combination of integrative manual therapy and functional exercises, physical therapy can help children with a number of issues.

**Developmental Delay**- When children are behind with their motor milestones, integrative manual therapy can address physical issues that may be delaying a child's ability to lay on their stomach, roll, sit up, crawl, pull to stand and even walk.

**Torticollis**- Torticollis means "twisted neck," and if a child has this condition, her head will be tilted to one side while the chin is turned to the other side. It's also sometimes called wryneck. While it may look painful, it usually isn't. However, the stretching techniques typically given can be very difficult for the parent and uncomfortable for the baby. There are gentle IMT techniques to decrease the muscle spasm and protection in the neck and head causing the torticollis.

**Reflux**- Many children have benefited from specific myofascial release techniques that are very gentle and help to decrease spasm and restriction in the esophagus and stomach sphincters that contribute to babies spitting up. There are also cranial techniques that can decompress the vagus nerve that innervates the esophagus which may also contribute to reflux.

**ADD/ADHD**- There are specific cranial therapy techniques that help to decompress the frontal lobe which is the area of the brain for higher executive function, decision making, judgment and intelligence. These techniques have assisted children with their ability to think, concentrate and focus.

**Toe Walking**- Many children who walk on their toes have tension on their nerves from the sacrum in the spine. They also have compensatory tightness in their foot. By correcting the sacral and foot biomechanics with gentle muscle energy techniques, the tension on the nerves is decreased and the child is able to walk on their foot with a normal gait.



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