



# Osteopathy and Children

a safe, gentle and effective  
approach to treatment

Osteopathy recognises the particular stresses on the body undergone by children as they grow from babies to teenagers, and have approaches to work with children of all ages.

Children are very active and experience many different types of strain, from the trauma of birth to the various falls and accidents common place in the early years, to growth spurts, illness or sports injuries. These may interfere with normal development, or result in pain, stiffness or discomfort.

Your osteopath is able to help with treatment and advice throughout each stage of your child's growth.



[www.osteopaths.nz.co.nz](http://www.osteopaths.nz.co.nz)



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Every child is different, and your osteopath will assess your child individually and work with you to plan the best way forward. This should involve a thorough history and examination, and your osteopath will be able to provide a referral to another health professional as needed. Treatment itself is very gentle, as your osteopath helps ease the strains found.

Osteopaths commonly help babies with such symptoms as constant crying, feeding difficulties, colic or reflux, neck stiffness and flat head syndrome.

Children and teenagers may be helped if they suffer from headaches, neck or back pain, recurrent ear infections, asthma, behavioural or learning difficulties or postural problems.

For further information and to find an osteopath near you visit [www.osteopaths.nz.co.nz](http://www.osteopaths.nz.co.nz)



**osteopaths**  
NEW ZEALAND

*Ngā Mātanga Wheua ō Aotearoa*

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