

Recently a mother brought her three-week old baby in to see me. The mother wanted me to assess the baby's arm, which was bent and not being used at all. The baby had been given a diagnosis of Cerebral Palsy, but for some reason, Mom just didn't believe it.

Upon examination, the baby reacted negatively to any touch around his collarbone, shoulder or elbow. It quickly became apparent that the actual diagnosis was a dislocated shoulder and elbow. Within three visits, the baby was grasping and reaching normally.

Studies have shown that school-age children have the same frequency of low back and neck pain as adults - over 50% incidence in the population. From infancy to teenage-hood, growing up can be fraught with physical dangers that can negatively affect structural development. Even the process of being born can cause harm to an infant's neck and shoulders. With increased birth weights, the risk is even higher.

When Kids Have Pain And Can't Tell You About It

By: Dr. Nik Bair-Patel



When infants learn to walk, there are often frequent falls and lots of crying. We tend to treat this as part of growing up. We pick up our fallen toddler, rub them on their back and assume that once they stop crying, the problem is gone. In actual fact, the frequency and severity of these falls is likely to contribute to future back complaints. This could and should be avoided through a short course of care.

A few years ago I saw a five-year-old girl who was difficult, contrary, irritable and aggressive, but she never complained of pain to her parents. When she came to me, I asked if she had an "ouwy." She pointed to her forehead and told me that it hurt all the time. Her parents were shocked! They recalled a time when she had fallen badly on her face years before. After her first treatment,

the parents saw a significant improvement in her behaviour, which normalized within a few visits.

With children, injuries can manifest as behavioural changes without any specific indicator of pain. If you have a child with behavioral issues you might want to have them assessed for pain which might be a contributing factor.

In my 23-year career, I have seen many children who don't always share their physical complaints with their parents. I have also treated many adults that identify an un-managed childhood injury as the source of their chronic pain today. Having childhood ailments addressed early can help them live happier and healthier lives.

ASK THE EXPERT:

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Seniors Information and Active Living Fair

Wednesday, November 5, 2014 | 10:00am to 3:00pm | 42 Renfrew Street, Pembroke



Free to Attend

Transportation will be available so please call to register for a drive or watch our website for details. Parking is limited.

For more information:

Phone: 613-735-1226

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OACAO



This event is hosted by the Senior Drop-In Centre in partnership with the Older Adult Centres' Association of Ontario (OACAO) and sponsored by the Ontario Seniors' Secretariat.