

Rebecca

Rebecca's Story

A three year old girl was brought for treatment by her mother who was becoming increasingly concerned about her daughter's tendency to chest infections.



Like most toddlers, Rebecca was prone to frequent colds but with every one she ended up with a chesty cough requiring antibiotics. On one occasion a couple of months earlier she was admitted to hospital for 2 days for treatment. Since then she was being treated with a daily steroid inhaler which did not appear to be having much effect.

Usually when a baby or child is brought to see an osteopath particular attention is given to finding out about the pregnancy and birth. For example, the position of the baby in the womb, the length of the labour, any difficulties encountered during delivery or medical intervention required are all useful pieces of information in assisting the osteopath when examining the child helping to decide on the diagnosis and treatment plan.

However in Rebecca's case it was not possible to know much about her birth or early days because she had been adopted at 15 months and her adoptive mother had no detailed information to give the osteopath.

Fortunately, by careful examination and palpation of Rebecca's posture, muscle tone and joint mobility the osteopath was able to detect the pattern of the birth strain which was contributing to her difficulty in fighting off respiratory infections.

Rebecca was found to have a downward pressure through the top of her head with a

buckling effect on her neck tilting it slightly to one side. These findings indicated that during her birth, Rebecca's head was not in the best position for delivery with her chin not fully tucked in resulting in undue forces through the bones, joints and muscles of her head and neck. There was also a pattern of constriction in the tissues of her throat and neck suggesting that the umbilical cord had been tight around her neck.

These types of birth strain patterns will often resolve as an infant sucks and cries but in Rebecca's case the negative effects had remained and seemed to be contributing to poor lymphatic drainage of the upper respiratory tract. This in turn had compromised her immune response to colds leading to secondary infections in her chest.

Gentle osteopathic treatment to release the tightness in the muscles and connective tissues of Rebecca's neck and upper back was carried out with great success. After only 3 treatments over a 2 month period her mother reported that, although she had succumbed to a few colds, she had not had any chest infections or required any antibiotics.

In addition she had been sleeping much better and had made a big leap in development. Her mother said that her only regret was that she had not thought to bring her to The Osteopathic Health Centre sooner.