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CHIROPRACTIC

Pediatric Chiropractic Care

Gentle Care for Growing Bodies

Safe, gentle chiropractic care for infants, children, and adolescents.

A free patient education guide from our doctors

(630) 289-2225 · freedomwellness.llc · Hoffman Estates, IL

Welcome

Childhood is full of tumbles, growth spurts, heavy backpacks, sports, and more screen time than ever. Growing spines and joints go through a lot.

Pediatric chiropractic care is gentle, adapted to a child's size and development, and focused on healthy movement and posture. This guide answers the questions parents ask us most.

How Pediatric Care Is Different

Children are not small adults. Their bones, joints, and muscles are still developing, so techniques are modified accordingly. For infants and young children, the pressure used is often very light, similar to the pressure you would use to test a ripe tomato. Older children and teens may receive care closer to adult techniques, always adjusted to their size and comfort.

Common Reasons Families Visit

- Posture concerns from backpacks, devices, and long school days
- Sports-related strains and minor injuries
- Neck or back discomfort in active kids and teens
- Growing pains and mobility concerns
- Monitoring spinal development and posture
- Families who want a whole-family wellness approach

Safety First

Every child receives a thorough, age-appropriate history and examination before any care. We use gentle, low-force techniques and explain everything to both parent and child. Chiropractic care is not a replacement for your pediatrician. We encourage regular well-child visits and vaccinations as recommended by your child's medical provider, and we refer promptly when a child needs medical evaluation.

Healthy Habits for Kids' Spines

- **Backpacks:** use both straps, keep weight under 10 to 15 percent of body weight, heaviest items closest to the back
- **Screens:** raise devices to eye level and take frequent movement breaks
- **Play:** at least 60 minutes of active play daily
- **Sleep:** age-appropriate sleep in a supportive position

- **Sports:** warm up, cross-train, and rest between seasons

What Parents Can Expect

Parents are always present and involved. Visits are short, friendly, and paced to your child's comfort. We will explain our findings, outline a simple plan, and give you practical tips to support your child at home.

Parents Are Partners

You know your child best. We will always ask about your concerns, explain what we are doing, and respect your decisions about your child's care.

Kid-Friendly Spine Checklist

- ☐ Backpack fits and is not too heavy
- ☐ 60 minutes of active play
- ☐ Screens at eye level
- ☐ Enough sleep for their age
- ☐ Warm-ups before sports
- ☐ Regular pediatrician check-ups

Common Questions

Is chiropractic safe for children?

When performed by a licensed chiropractor using gentle, age-appropriate techniques, adverse effects are rare and typically mild.

Does my child need X-rays?

Rarely. Imaging is used only when clinically necessary.

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YOUR NEXT STEP

Let's get you feeling your best again.

Questions about care for your child? Call (630) 289-2225 to talk with our team.

Book Now: (630) 289-2225

freedomwellness.llc/book

VISIT US

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OFFICE HOURS

Tue & Thu: 8am-12pm, 3pm-6pm
Wed: 3pm-6pm
Sat: 8am-12pm
Fri: By appointment only
Mon & Sun: Closed

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