

Kids & Chiropractic: A Parent's Guide

What gentle pediatric care really is — and why your pediatrician always comes first.

If you're wondering whether chiropractic is right for your child, you're asking exactly the right question. Care for a child looks almost nothing like the firm, cracking adjustments adults picture: it's extremely gentle, scaled to a small growing body, and focused only on musculoskeletal comfort — posture, muscle tension, and minor strains. It is not a treatment for any illness, and it always works alongside your pediatrician, never in place of them. Here's how to think it through.

How to approach it as a parent

- 1 Know what it's for.** Gentle pediatric chiropractic supports comfort and healthy movement — easing tight muscles, minor strains, and posture from backpacks and screens. It does not treat, cure, or prevent colic, ear infections, asthma, ADHD, or any illness.
- 2 Keep your pediatrician in the lead.** Your pediatrician is your child's primary guide for health, growth, illnesses, and vaccines. Chiropractic simply adds gentle comfort support on top — keep your pediatrician in the loop about any care your child receives.
- 3 Expect a light touch, not a "crack."** Care for a child uses light fingertip pressure — often no firmer than checking a ripe tomato — with slow, gentle contacts scaled to their size. It shouldn't hurt, and many kids find the visit relaxing.
- 4 Ask the honest question.** Ask any provider, "What can this help with, and what would you send us to our pediatrician for?" A clear answer that keeps the focus on musculoskeletal comfort and defers to your pediatrician for anything medical is exactly what you want to hear.
- 5 Watch the boundary.** Anything that looks like an illness, an infection, a fever, or an unexplained or worsening problem goes to your pediatrician first. Chiropractic care should never delay medical care your child needs.

What parents ask about

- **Is it safe?** — With a trained provider using extremely gentle, age-appropriate
- **Does it hurt?** — It shouldn't. The techniques are gentle by design, and Dr.

pressure, care stays firmly in the musculoskeletal-comfort lane and alongside your pediatrician.

- **What ages?** — Little ones through teens can be seen, with the gentleness and goals always scaled to the child's size and stage.

Rubinstein works slowly, keeps you in the room, and adjusts to keep your child comfortable.

- **Why do parents come in?** — Most often for posture from devices, achy shoulders from heavy backpacks, and minor sports or play strains — comfort concerns, not illnesses.

 See your pediatrician or the ER right away if...

- Your child has a **fever with lethargy or poor feeding**
- Your child has **difficulty breathing**
- Your child has a **stiff neck with fever** (possible meningitis)
- Your child has had a **significant fall or injury**
- You notice **any new developmental or neurological concern**

These are medical matters that need your pediatrician or emergency care — not a chiropractic visit. Trust your instincts and reach out.

How we help at Thrive

At Thrive Chiropractic in Troy, a child's visit is unhurried and reassuring. Dr. Rubinstein listens to what you've noticed, gently checks how your child moves and holds themselves, and — if gentle care is appropriate — uses the light, age-appropriate techniques above to ease a **spinal subluxation**, tight muscles, or a posture pattern. You stay in the room the whole time, and you'll get simple home guidance like backpack fit and screen height.

We're honest about the limits: this is gentle comfort support for a growing body, not a treatment for any illness. Anything that looks medical, we send straight to your pediatrician — keeping everything gentle, age-appropriate, and firmly alongside your child's medical care.

Call us

(248) 574-9355

Online

thrivechiropractictroy.com

Visit us

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Book a visit

thrivechiropractictroy.com/schedule

Medical disclaimer: This guide is general educational information from Thrive Chiropractic of Troy and is not medical advice, diagnosis, or treatment. It doesn't replace a visit with a qualified healthcare provider. These symptoms can

have many causes; please see a professional for advice about your specific situation, and seek emergency care for any of the warning signs above. © Thrive Chiropractic of Troy.