

IMPORTANT TIMES TO SCHEDULE A VISIT WITH YOUR OSTEOPATH

Newborn osteopathic examination:

- A baby's head and body can undergo a lot of strain due to their position in the uterus and also through labor and delivery.

Special issues in Children:

- Babies and young children with breastfeeding, swallowing or other types of feeding problems, excessive spitting up, or other digestive issues, irritability, torticollis/ neck tension, flat or unusually shaped head, asymmetrical movement.
- Any significant falls or trauma, broken bones, sprains, strains, or head injury.
- Problems with crawling or walking.
- Recurrent ear infections.
- Visual problems—"crossed eyes", tracking problems, visual changes after a fall or trauma.
- Dental issues, crooked or crowded teeth, narrow dental arch.
- Neurological or sensory processing issues, Asperger, autism, or problems with focusing and attention or problems with speech and language development.
- Down's syndrome or other birth or developmental issues.
- Problems at school, or going backwards in terms of other developmental milestones.
- Scoliosis or other musculoskeletal issues.
- Anxiety, sleep issues.

Pregnancy and post-partum:

- Many musculoskeletal and other changes take place in a woman's body during pregnancy and delivery, and osteopathic treatment can be helpful in addressing these in a gentle but deep way.

Dental visits and procedures:

- Face and head pain, any unusual amount of tooth pain or swelling, neck or back pain, dizziness, headaches, ringing in the ears, and other problems after a procedure.
- For some people, even minor procedures may cause problems, and it can be helpful to routinely schedule an osteopathic visit shortly after dental visits.

Orthodontia:

- In young children it may be helpful to obtain an osteopathic evaluation if there is concern that their bite might not be developing appropriately.
- Dr. Neal works in partnership with dentists, orthodontists, and oromyofunctional therapists to help children to minimize the necessity for orthodontia when possible, and to help it to go more smoothly when it is necessary.

Car accidents, falls, head injuries, and other types of trauma or injury:

- Injuries respond more quickly when treatment is begun soon afterward, before compensating patterns are "set in".

New eye glasses or contact lenses, or problems with the old pair:

- These may affect your neck or head posture and mobility. Let Dr. Neal know if you are planning to get a new prescription, or if you are having problems with your current prescription, or changes in your vision.

Surgery or other medical procedures:

- Chemotherapy or radiation, complications after surgery such as constipation, problems with scar tissue, or fluid filled seromas.
- Osteopathic treatment may help prepare the body for procedures, tolerate them better, and deal with the side effects that can follow them.

End of life supportive care.