

Injury and ADHD

Chiropractic for Life – Yannick Pauli, D.C.
Pathways #43, page 37



Talking Points

- ❖ Did you know that “early research has shown that very young children who sustained head trauma often meet the diagnostic criteria for ADHD within two years—even if they were not diagnosed with ADHD prior to the injury”? (37)
- ❖ Chiropractor Yannick Pauli reminds parents that “it is important for your child to receive a chiropractic check-up or exam if he or she sustained any head injuries in childhood”
- ❖ Head injuries are usually accompanied by spinal trauma; the abrupt stopping of movement of the head with impact also affects spinal alignment.
- ❖ He suggests:
 - “Choose your birth options in advance, in order to avoid unnecessary birth trauma caused by instrumental intervention in birth.” (37)
 - “Never leave a baby alone on raised surfaces.” (37)
 - “Childproof your home.” (37)
 - “In the car, make sure your child is properly buckled up.” (37)
 - “Your children should wear appropriate headgear and other safety equipment when skating, riding a bike, skiing or playing contact sports.” (37)
 - “Be aware of what your kids’ sports activities entail.” (37)
 - “Make sure your child takes it easy when recovering from a head injury.” (37)

Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>

Research on chiropractic and ADD/ADHD <http://icpa4kids.org/Chiropractic-Research/ADD/ADHD/>