

Let Babies Crawl

Crawling Helps Develop a Healthy Spine & Nervous System

Crawling provides an essential component of child development which leads to many positive neurological and structural benefits. An old adage states that a person needs to learn to crawl before they can walk. Much truth rests within that important instruction. Science concludes that one of the most important aspects of proper health and development originates with a well-aligned and mobile spine. The spine houses the spinal cord and nerve roots as well as a densely populated number of neurons that help provide proper nutrition to the brain through movement. The spine serves as the motor for the brain.



A side view of a normal, healthy spine contains three proper curves. A frontal view of the spine shows a perfectly vertical collection of vertebrae. Babies come into the world without all three curves. They develop in the first four years of life. A necessary component for acquiring normal spinal curvature comes from crawling. Parents should celebrate and encourage crawling with their developing infants and toddlers before they begin to walk. **Crawling helps**

form appropriate curvature and develops strong brain growth and connections with stimulating cross-crawl patterns when a toddler learns to move their arms and legs in tandem motion across the floor.

Research published in 2007 showed that abnormal curvature in the neck led to stretching of the spinal cord, diminished blood supply in and around the head and neck, and cervical disc disease. One of the most significant health advantages stemming from healthy spinal curvature and movement manifests in optimal autonomic nerve system function. **Well-documented evidence shows that poor spinal health affects many different aspects of human performance from immunity to brain function because of the direct relationship with the nervous system.**

Crawling represents an important developmental strategy which sets the tone for better function through nervous system balance. **Infants, toddlers, children, and adults also need regular access to the benefits of Chiropractic for similar reasons.** Chiropractors assess and correct vertebral misalignments or spinal segment mobility deficits known as subluxations. The biggest concern with the presence of a subluxation comes from the fact that they predominantly occur with no associated symptoms, especially in babies and children.

Chiropractors assess the spine for subluxations by evaluating the alignment, mobility, and range of motion in each spinal segment. Millions of babies, children, and adults experience better spinal alignment and curvature through regular Chiropractic adjustments and spinal hygiene. **Spinal health begins with healthy movement from those early days of crawling.** Consistent nervous system health involves the regular care and adjustment of the spine. Lifelong health and performance go hand in hand with Chiropractic.