



Chiropractic and Neurodivergent Kids



Chiropractic care is a powerful tool that will benefit your child.

Chiropractic care is gaining attention as a supportive option for children with neurodivergent conditions such as ADHD and autism spectrum disorder (ASD). While it's known for its impact on spinal health, chiropractic care also focuses on improving nervous system function. This is an area that's closely tied to sensory processing, behavior, and attention.

A 2024 randomized controlled trial published in *Frontiers in Psychology* explored how chiropractic adjustments could support children with ADHD. The study followed 67 children over four weeks. One group received chiropractic care alongside their regular routines, while the other group received a non-therapeutic

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(sham) adjustment. The results showed that children in the chiropractic group experienced significant and lasting improvements in hyperactivity and impulsivity. These improvements lasted eight weeks after care had ended. This really goes to show just how important a functioning nervous system is for kids.

These findings align with what many chiropractors and families have already observed in practice — improvements in sleep, mood, attention, and sensory integration following regular adjustments. Chiropractic care works by addressing subluxations that interfere with communication between the brain and body, helping children function at their best.

Chiropractic care is gentle, non-invasive, and tailored to each child's unique needs. As more research continues to support its role in supporting kids with neurodivergence, chiropractic is becoming a valuable part of holistic care for children with ADHD, autism, and related conditions.

If you would like to learn more about how to support a child who's neurodivergent, then we invite you to join us for our **Movie Night on Thursday, August 7th at 6:30 PM**. We will be watching ***To Dye For: The Documentary***. This film talks about the health consequences of food dyes and artificial ingredients for children's health.

Source:

Amjad, Imran, et al. "The Effects of Chiropractic Adjustment on Inattention, Hyperactivity, and Impulsivity in Children with Attention-Deficit Hyperactivity Disorder: A Pilot Randomized Controlled Trial." *Frontiers in Psychology*, vol. 15, 2024, article 1323397. <https://doi.org/10.3389/fpsyg.2024.1323397>.