

EXPRESSION

OCTOBER, 2003

RECOGNISING PLAGIOCEPHALY

INSIDE THIS ISSUE:

**PRESIDENT'S
REPORT** 2

**FROM YOUR
EDITOR** 2

**PLAGIOCEPHALY
(CONT)** 3

**CLASSIFIED
ADVERTISING** 4

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ADVERTISING INFORMATION

Qtr Page \$165.00

Half page \$275.00

1 Page \$495.00

A4 tri-fold insert

\$165.00

Free Classified advertising

By Dr Brett Houlden

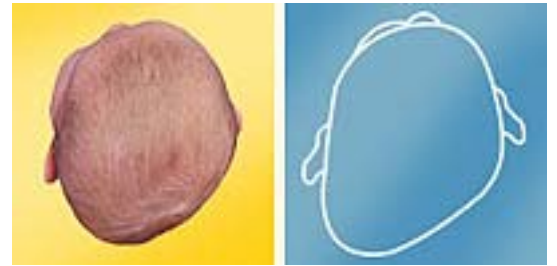
Plagiocephaly refers to asymmetrical skull development and is often characterized by flattening of the occiput, usually only on one side.^(1,2) It is sometimes the result of early suture closure in Craniosynostosis—particularly premature closure of the coronal or lambdoidal sutures. Plagiocephaly has also been linked with birth trauma and/or the position the infant has been lying in-utero.⁽¹⁾ In my practice I have observed an increased number of infants presenting with the medical diagnosis of 'positional plagiocephaly', possibly due to the supine sleeping posture recommended to prevent sudden infant death syndrome (SIDS). I would suggest that the dural torque produced by sacral, upper cervical or cranial faults plays a major role in etiology of this condition, which may be exacerbated by the recommended infant sleeping posture. Possible symptomatic pictures from cranial distortions in babies include poor sucking or attachment, colic, constipation or diarrhea, eye movement and acuity faults, persistent crying/unsettled/not sleeping etc. According to Anrig⁽¹⁾, plagiocephaly when seen in older children, often presents with a cervical torticollis with biomechanical restriction of neck rotation on the ipsilateral side as the occipital flattening. Considering the general consensus that anterior and posterior fontanelles as well as many of the cranial sutures close between 12-18 months, early diagnosis and correction is paramount in achieving a functionally optimal cranial system.

Some of the many benefits of using SOT adjusting protocols include its gentle application and wonderful results in the care of newborns. A common occurrence in our office is the arrival of the new patient baby with a misshapen head accompanied by a sometimes anxious Mum and Dad. Sometimes a pediatrician has already been consulted and the diagnosis of 'Plagiocephaly' has been given.



**"Adjusting infant plagiocephaly
can prevent longer term problems"**

Often in this situation, particularly when the cranial distortion appears minor, medical assessment can be from a cosmetic perspective and the functional and neurological implications are poorly addressed. Medical options for significant distortion, particularly when caused by craniosynostosis include surgery and/or head banding and neck exercises. The aesthetics of this condition may be the primary motivation for parents to seek a chiropractic opinion, particularly when they have no understanding of the functional repercussions of this distortion. On occasion parents may present a baby with a plethora of symptomatology without



Plagiocephaly, the classic presentation with flattened occiput.

PRESIDENT'S REPORT

DR BRETT HOULDEN



What an exciting time for SOT in Australia!

We have the highest membership in recent times; in

fact I wonder if it is at record levels! Perhaps some of our past board members might be able to enlighten me?

We have a fantastic seminar in store for you in about a month's time. Dr Steve Williams is certainly one of the best paediatric presenters I have ever seen, and is coming out from the UK to show us his great approach to birth, neonates and children. Steve was very well received when he presented in Omaha (SOT Homecoming) over the last couple of years. If you haven't already registered, I would consider this one of those 'do not

miss' seminars. You may know someone who could do with some extra exposure to paediatric chiropractic, if so encourage them to come along. This is not only for SOT chiropractors; it is aimed at the whole profession. Steve will talk about the cranial system, and no previous knowledge is necessary. Anyone who adjusts children, or doesn't yet but has a desire to, will benefit greatly from attending this seminar. A major focus of the weekend will be assessing children, how to isolate primary faults and some options on how to correct these faults.

Dr Mark Postles will be speaking on Saturday afternoon and sharing his wealth of knowledge on gearing your office for children, and attracting families to your practice. This segment is aimed at the whole office, so bring along your team for a wonderful

weekend of inspiration and information. On the Saturday evening of that weekend (November 1st & 2nd) is our Annual General Meeting and I am looking forward to seeing you all there. If for some reason you cannot attend, get your proxies in to someone who is attending, as your vote is important to us. We have a short cocktail party planned to commence immediately after our meeting, and before you all head out to dinner.

If you have any opinions you would like to share or any ideas about where you would like to see your SOT organisation heading this is the perfect time to air them, so come along and have your say.

Have fun in practice.

Yours enthusiastically, Brett Houlden

FROM YOUR EDITOR.....DR HELEN SEXTON

Those of you who were fortunate enough to have attended the Parker Seminar in Melbourne recently would have blasted back into practice with recharged philosophical vigor. One of the many passionate speakers, whose words resonated with me was Eric Plasker on the topic of Lifetime Family Chiropractic Care. In the course of his presentation he distinguished between "Loud Miracles" and "Quiet Miracles", which led me to thinking about what gives us lasting joy and satisfaction in our everyday working lives as SOT chiropractors. I'm sure many of us could testify to the abundance of "Loud Miracles" in our prac-

tices - the patient who responds to our technique and intent with amazing changes in symptomatology and consequently their lives. These "Loud Miracles", wonderful and astonishing, leave us with our egos nourished, chests inflated and renewed awe for the power of chiropractic. And of course adjustment after adjustment in between those flashy loud miracles and the humdrum of our working day are the "Quiet Miracles" of *Lives Lived Best*. We all know how the dance and rhythm of life is so much richer for chiropractic care:- immune systems function better, women conceive, gestate and birth more eas-

ily, children engage in each magical stage of childhood with more vitality, curiosity and health and seniors embrace their age more actively. People at all stages of health and development living better lives.

Every now and then Chiropractic gets put on stage within the media, the community, and our own chiropractic circles for the wonder of "Loud Miracles" - and deservedly so! But I sure am glad for those "Quiet Miracles" which manifest each and every day in practice. I hope you are enjoying them too!

Helen Sexton

Like to teach?
 "Certification
 can be sat on
October 31st
 at the
Essential
Paediatric
Seminar."



**CMRT & Cranials
 will be taught in
New Zealand
Feb 2004**

PLAGIOCEPHALY.....(CONT. FROM PAGE 1)

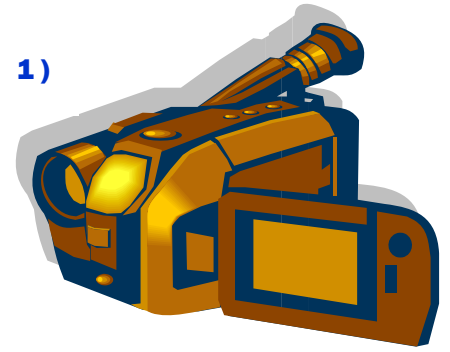
having recognized a cranial problem or distortion currently exists.

Many SOT practitioners will testify to remarkable changes - visibly and kinesi-
tically apparent in the infant skull after consistent care. Indeed questioning
the primary care giver often reveals positive changes to the baby's sleep/feed,
and behavioural patterns, motor development and general demeanor. Whilst
cranial adjusting seems the obvious choice in influencing function in plagio-
cephaly, failure to recognize and correct sacral imbalance in these babies may
limit restoration of function. In the next newsletter issue we will present some of
the diagnostic and therapeutic tools useful to the SOT chiropractor in the correc-
tion of plagiocephaly and other cranial distortions.

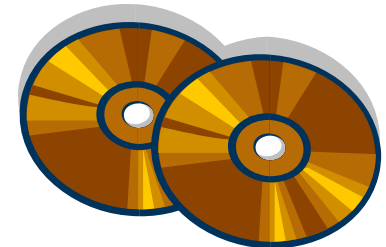
I would encourage anyone interested in neonatal assessment (SOT or non-SOT
based doctors) to register for the Essential Paediatric seminar on the 1st and
2nd of November on the Gold Coast.

References:

- (1) Anrig C & Plaughter G, Paediatric Chiropractic, Lippincott Williams & Wilkins USA, 1998, p130-1.
- (2) Davies N J, Chiropractic Paediatrics - A Clinical Handbook, Churchill Livingstone London, 2000 p111-2.



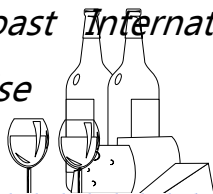
Essential Paediatrics
seminar, if you cannot get
along, videos or DVDs will
be available, call Averil.



You're invited to...

**SOTO AUSTRALASIA'S
ANNUAL GENERAL MEETING
& COCKTAIL PARTY**

*An informal gathering of our members
and guests after the A.G.M. from
6.30pm Saturday November 1, 2003 at
the Gold Coast International Hotel,
Surfers Paradise*



Name _____

Yes, I will attend the SOTOA AGM & Cock
tail Party. I will bring ___ guest(s) to the
cocktail hour.

No, I cannot make it to the AGM & Cock
tail Party this year. I have included my
nominated Proxy for the AGM.

RSVP by 24 October
To Averil Crebbin (fax or post)
Ph / Fax 07 5442 3322
PO Box 276, Woombye Q 4559
sotoa@bigpond.com

Make sure your knowledge is up with your peers, sit the certification exam this **October**.

SOTO AUSTRALASIA

SOTO CO-ORDINATOR &
SOT SUPPLIES
AVERIL CREBBIN
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WOOMBYE QLD 4559
Phone: (07) 5442 3322
Fax: (07) 54423322
Email: sotoa@bigpond.com

essential pae-

November 1 & 2, at Gold Coast International.

Will be one of the best seminars of the year,

and also includes

SOTOA's Annual General Meeting

on the 1st of November.

Come along for a catch-up and a fantastic seminar.

For info contact Averil: (07) 5442 3322



CLASSIFIED ADVERTISEMENTS

Associates

- Associate position with Karen Pedley and Ken Parker in Launceston, Tasmania, Australia available from end November/early December 2003. We have a thriving practice, an enthusiastic clientele, and a delightful environment and locality and require an SOT practitioner to complement the team. Resume to pedleyparker@vision.net.au Phone 61 3 63922105 anytime. More information and inducement available on your request
- For busy clinic - Northside of Brisbane, wellness based family orientated clinic. Very well equipped, large patient base. SOT knowledge an advantage - call Neil Robertson 07 3354 3111.
- Associated wanted urgently. We have a vacancy for an Associate Chiropractor in our Brisbane practice, to start immediately if possible. The position involves working with 2 other chiropractors in an attractive centre. Technique primarily SOT, Activator, TBM and Diversified. Contact us on (07) 3357 5297
- We are looking for a wonderfully energetic and committed *Chiropractor* who is attracted to wanting to work in a warm and friendly environment. The Clinic is focused on family preventative care and the techniques required are basically S.O.T., Activator and Manual. The atmosphere at the Clinic is always welcoming, caring, happy and relaxing and we are 100% dedicated to our clients and to the Chiropractic profession. Please contact: Jillian McCrimmon-Sproul, Practice Manager, [Westside Chiropractic Health Centre](#), 15 Neville Road (location - 2 minutes from the City on the western fringe), THEBARTON 5031. Ph: 08 82340085, Fax: 08 82348044
- As a part of our expanding network, we are offering you the opportunity to join a dynamic emerging team of chiropractors with over 30 years of experience. A full-time principal chiropractic position for a young, enthusiastic chiropractor is **now available** for work in coastal Wynnum Manly. With an abundance of knowledge in practice management, patient education, business marketing, chiropractic diagnosis and technique, you will acquire the skill and confidence to run a successful high volume wellness practise. Using the support network of our motivated team, you will be guided through the systems and strategy that will build and maintain your **dream practice**. Become a part of our exciting team and we'll make sure you enjoy a lifestyle of fun and success. For an incredible opportunity to become more than an associate you can chat to Chris Barham on 07 4639 1731 or email cjb@enter.net.au

Locums

- Dr. Kim Jaffrey Available for SOT locums from Oct -Jan. Extensive associate and locum experience of 8 years. Please contact 04049 686 320 or e-mail kimchiro@hotmail.com
- Frankie Tucker available for locums from October 27th, 2003. Sydney based but happy to travel - SOT, NET, Activator, Network and drop-piece. I provide a very caring, patient focused approach. email: francestucker@three.com.au
- Dr. Jeff Mathews available for SOT locums in Qld. Phone 0413 903 022.

Practices for Sale

- 14 year established family maintenance based practice for sale close to Brisbane CBD. Techniques predominantly SOT, Activator and Diversified. Maintains at \$220 to 230+K gross per annum with very little promotional work. This is an excellent stable practice with enthusiastic staff and lots of potential for growth. We will help with transition to new Doctor. Ph 0411 642 036

**S O T ... A n E s s e n t i a l A s s e t t o E v e r y
C h i r o p r a c t i c P r a c t i c e !**