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Q: Is thumb sucking bad?

A: Yes and no. First, it must be understood that thumb sucking is a "natural reflex". An ultrasound test on a developing baby will often show him or her sucking a thumb. When this habit goes on for too long, however, orthodontic problems can often occur. By the age of six or seven, the child's permanent teeth are just beginning to arrive. Before then, thumb sucking will cause few problems. After permanent teeth arrive, abnormal pressure from the thumb can cause the front upper teeth to become "bucked". The bottom front teeth then become crowded backward. A misalignment of the teeth occurs. So, how do you stop thumb sucking for your four or five year old? Some have found gloving the hand, dipping the thumb in vinegar and increased attention to the child help. In the end, though, treatment depends on how long and often the thumb sucking occurs. To avoid any permanent damage, don't delay your attempts to stop this habit.

Ask the Professionals



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BPHE, RAC, RTCMP

Q: Can acupuncture help with the management of my sports injuries?

A: Whether you are a weekend warrior or a competitive athlete, acupuncture is an effective tool to help you recover from both acute and chronic and/or recurring sports injuries. Acupuncture and TCM treatments can:

- Decrease pain, inflammation, and bruising
- Relax muscles and relieve muscle spasms
- Speed healing time by improving blood circulation to the affected area
- Increase the range of motion of injured joints
- Reset muscle imbalances that predispose the joint to injury
- Assist in training, performance, recovery, and injury prevention

Common injuries that Acupuncture can treat include: neck strain, shoulder impingement, rotator cuff, tennis elbow, back spasms, disc injury, bursitis, sciatica, hamstring tear, IT Band syndrome, knee pain, shin splints, ankle sprain, plantar fasciitis, tendonitis, and repetitive strain injuries.

The combination of traditional Acupuncture techniques with modern Motor Point needling are extremely effective in the treatment of sports injuries due to trauma, over-training, or repetitive strain. Look for a Licensed Acupuncturist that has completed specialized musculo-skeletal training for your sports medicine needs. For further info, please go to www.carolyndew.ca