

***Complimentary & Integrative
Pediatric Therapeutic Interventions
“A Clinician’s Resource”***



This project is dedicated to the members of IATP, IBCLC’s the world over and other Allied Health Professionals in their support of breastfeeding.

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“The only source of knowledge is experience.”

-Albert Einstein

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TABLE OF CONTENTS

INTRODUCTION	3
GENERAL DEFINITIONS.....	4-5
SUPPORTING HANDS-ON THERAPISTS	5-7
THERAPEUTIC APPLICATIONS.....	8-11
SPECIALIZED THERAPEUTIC APPLICATIONS	12
RESOURCE CONTRIBUTORS.....	13

Introduction

The following excerpts include listed sites, and represent a basic overview of each complimentary therapeutic application process. This is not an exhaustive list but represents a cursory view of those processes that exist to this author's knowledge for the benefit of wellness promotion at all levels of human growth, development and healing, specifically mind, body and spirit.

These modalities are a compilation of my research and that of many other practitioners, without whom my world would be very small and to whom I express my gratitude here. It is my hope that this list can provide a guide by way of overview to the readers and a means to assist health care advocates in finding resources for their clients/patients.

Further, I have included a page of general definitions and explanations regarding common post-nominal titles (letters of designation) following a practitioner's name with a basic explanation of the related therapeutic practice. Following these simple definitions is a list of modalities that can compliment these forms of medicine.

It is important to note that care must be exercised in understanding those who are qualified to perform these various modalities and in researching what/who is out there. This author's caution comes from the knowledge that letters behind one's name can often be confusing or misleading and should be tested for accuracy.

Each modality has its own training and practice requirements. While you cannot be expected to be an expert on all local laws, practitioners should be only too glad to share their credentialing and licensure with you. If you are ever in doubt as to someone's credentials, check your country, province, state, and local licensure/certification laws as applicable.

Also, in presenting this information, no giving of medical or legal advice is put forward or intended. Please refer to the expertise of those medical professionals and allied health care practitioners listed here for a more complete explanation of each therapeutic approach. As always, consult or refer to the primary care physician or pediatrician of record as the situation dictates.

General Definitions

Please note: These general definitions may refer directly to use in a pediatric approach, but if not so stated, may certainly be possible if the practitioner is so trained or experienced in working with children. Further, this list is meant to help those health care advocates not familiar with particular specialties. No offense is intended to those with a higher level of education.

Physicians/Practitioners (A-Z)

DC - Doctor of Chiropractic

A doctor who has trained in a 5,500-hour postgraduate chiropractic college which emphasizes diagnosis, treatment and prevention of mechanical disorders of the musculoskeletal system, especially the spine and cranium, on the premise that these disorders affect general function, therefore health, via the nervous system.

DMD/DDS - Doctor of Dental Medicine / Doctor of Dental Surgery

A doctor of dentistry who is trained in a school of dentistry that teaches all patient care aspects pertaining to conditions and diseases of oral soft tissues and the periodontium, specialized tissues that both surround and support the teeth, maintaining them in the maxillary and mandibular (jaw) bones. This doctor specializes in the diagnosis, prevention, and treatment of diseases and conditions of the oral cavity. Both degrees use the same curriculum requirements set by the American Dental Association.

*Additional post-graduate training is required to become a dental specialist, such as an *Orthodontist, *Periodontist or *Oral and Maxillofacial surgeon.*

**Orthodontists* are concerned with the study and treatment of malocclusions (Improper bite), which may be a result of tooth irregularity and/or disproportionate jaw relationships. Orthodontic treatment can focus on dental displacement only, or can deal with the control and modification of facial growth. In the latter case it is better defined as "dentofacial orthopedics".

**Periodontics* is the dental specialty focusing exclusively in the inflammatory disease that destroys the gums and other supporting structures around the teeth. A periodontist is a dentist who specializes in the prevention, diagnosis, and treatment of periodontal, or disease, and in the placement of dental implants.

**An Oral - Maxillofacial Surgeon* is a dental/surgical specialty who treats many diseases, injuries and defects in the head, neck, face, jaws, and the hard and soft tissues of the oral (mouth) and Cranio-maxillofacial (jaws and face) region.

DO - Doctor of Osteopathy

Osteopathy in the US

A medical doctor who has trained in an osteopathic medical school which focuses on techniques that support holistic measures, such as the manipulation of joints and bones, to diagnose and treat illness.

Osteopathy in Canada

Osteopathy is offered in private institutions across the country. It is most popular in the Province of Quebec. Osteopathy is not yet recognized as a profession in the country. Most curriculums leading to a D.O. (Diploma of Osteopathy) consist of 2000 or more hours of in-class hours. Osteopaths in Canada focus primarily on structural integrity while also utilizing techniques that improve the visceral, facial and cranial-sacral systems.

MD - Doctor of Medicine

This is a medical doctor trained in a school of medicine and even specialized thereafter (such as Pediatrics) in the care of patients with an emphasis on diagnosis, treatment and prevention of body system disorders and disease processes commonly using diagnostic testing, collaboration across the various specialties, surgical, pharmaceutical, and therapy (such as physical, occupational, or speech) interventions.

Supporting Hands-On Therapists (A-Z)

Note: It should be understood that those listed below are required to have achieved proper state & local licensure to be able to practice and are qualified professionals who have a hands-on license to touch.

CBT: Certified Bowen Therapist (BT means completed a Basic Class)

This is a therapy professional who has taken both basic and advanced studies in the field of Bowen Therapy from an approved school and has passed a credible written examination together with a clinical test to be awarded this certification.

CCC-SLP: Certificate of Clinical Competence-Speech Language Pathologist

This is a therapy professional who holds this nationally recognized professional credential representing a level of excellence in the field of Speech-Language Pathology. Those who have achieved this level have voluntarily met rigorous academic and professional standards, typically going beyond the minimum requirements for state licensure. They have the knowledge, skills, and expertise to provide high quality clinical services.

CFT: Craniosacral Fascial Therapist

This is a therapy professional who has studied under the training of Dr. Barry Gillespie, DMD, MSD, LMT in his CFT course. Therapists learn techniques that integrate three other therapy forms -- craniosacral, fascial, and dental (TMJ, orthodontics, and other oral aspects).

CIIM-CIMI: Certified Instructor in Infant Massage-Certified Infant Massage Instructor

This is a therapy professional who holds a medical license such as an OT, RN or other license who often works in a clinical setting, has studied at an approved school and is qualified to instruct parents in massage techniques for their infant/child. A hands-on license to touch, such a state CMT/LMT, is required to teach/train otherwise.

CMT: Certified Massage Therapist / Certified Masso-Therapist

This is a therapy professional who has met state and local licensure as well as additional certification requirements to perform hands-on bodywork in a multitude of therapy settings. It is the basis for credentialing in a broad base of therapeutic bodywork studies. It is most prevalent, in the US, in states that certify therapists/practitioners rather than license them. Each state has its own requirement.

CST: Craniosacral Therapist

This is a therapy professional who has achieved certification in the study of craniosacral therapy through a school that offers a program specific to the practice of craniosacral therapy. There are differing levels of CST achievement/credentialing just as there are differing schools. CSTs' work in various settings such as the office of a chiropractor, in a partnership with other therapists or establish independent practices of their own.

LMT: Licensed Massage therapist /Licensed Masso-Therapist

This is a therapy professional who has met state and local licensure as well as additional certification requirements to perform hands-on bodywork in a multitude of therapy settings. It is the basis for credentialing in a broad base of therapeutic bodywork studies. It is most prevalent, in the US, in states that license therapists/practitioners rather than certify them. Each state has its own requirement.

OMT: Orofacial Myofunctional Therapist

This is a therapy professional who has completed studies at an approved school dedicated to the therapeutic treatment of orofacial myofunctional disorders (OMDs). OMTs' are educated on how to recognize and treat these disorders. Further they are trained how to incorporate Orofacial Myofunctional Therapy (OMT) into a practice to correct breathing, swallowing, and chewing disorders and help stabilize the bite and other related OMDs'. They are also are trained to eliminate noxious habits such as thumb sucking, nail biting, mouth breathing, and tongue thrusting.

OTR/L: Licensed Occupational Therapist

This is a therapy professional who has completed graduate studies in an approved school of occupational therapy. Their focus is primarily concerned with the use of treatments to develop, recover, or maintain the daily living and work skills of people with a physical, mental or developmental condition. Occupational therapy is a client-centered practice that places a premium on the progress towards the client's goals. In the pediatric setting, they address the psychosocial needs of children and youth to enable them to participate in meaningful life events, undergirding this includes: normal growth and development, feeding, play, social skills, and education.

PBS: Pediatric Bowen Specialist™

This is a therapy professional who has taken both basic and advanced studies in the field of Bowen Therapy with a specific emphasis on the Pediatric process from an approved provider and has passed a credible written examination, together with a clinical test to be awarded this certification.

PT: Physical Therapist

This is a therapy professional who has completed graduate studies in an approved school of physical therapy. Their focus is primarily concerned with the remediation of impairments and disabilities and the promotion of mobility, functional ability, quality of life, and movement potential through examination, evaluation, diagnosis, and physical intervention.

NBCR: Reflexologist

A (NBCR) National Board Certified Reflexologist is the formalized term. There is a difference between being “certified” by a reflexology school, which all practitioners must be to practice. But the NBCR is a special designation, held by a small percentage of actual reflexologists. It is completely voluntary to be nationally board certified and so carries a greater weight. These therapists are specially trained in the study of Reflexology, using a non-invasive, complementary practice involving thumb and finger techniques to apply alternating pressure to reflexes shown on reflex maps of the body located on the feet, hands, and outer ears.

RDH: Registered Dental Hygienist

This is licensed dental professional who is registered with a dental association or regulatory body within their country of practice. They are a primary health care professional who work independent of or alongside dentists and other dental professionals in a team to provide full oral health care. They have the training and education that focus and specialize in the prevention and treatment of oral disease.

Therapeutic Applications (A-Z)

Pediatric Bowen Therapy™ / Traditional Bowen Therapy

Pediatric Bowen™ Is a form of very gentle muscle/fascia release that uses a light strumming or rolling movement on the musculature derived from the ***Traditional Bowen Therapy Method*** developed by Tom Bowen, a self-proclaimed Australian Osteopath who developed the “moves” used until his death in 1982. *Traditional Bowen Therapy is suitable for anyone at any age.* Both applications promote “less is best” and support the theory that “the body improves its own regulatory processes best”. Pediatric Bowen Therapy™ is a specifically focused muscle balancing application for the areas of body involved in structure/function imbalances. While the focus is on the body as a whole – often, overly tense muscle areas need special attention. Unlike Traditional Bowen for babies, Pediatric Bowen Therapy™ directly addresses the specific muscle/muscle group structures assessed to be hindering physical and/or physiological function. It specifically promotes functional mobility of the musculature while it gently promotes balance and symmetry of the body. Breastfeeding difficulties, infant mobility restrictions and other structurally related hindrances are prime examples of what can be addressed with this method of bodywork. Practitioners are qualified professionals who have a hands-on license to touch. www.kidskornerbowen.com, www.bowendirectory.com

Pediatric Chiropractics

Pediatric Chiropractics is a safe, painless, form of chiropractic health care that uses specifically focused, gentle corrective movements to address a subtle misalignment of the cranium spine and pelvis. This subtle correction ultimately restores optimal balance and function to the entire spinal column. Because the spinal column and cranium protect the central nervous system, that controls and coordinates all body functions, appropriate biomechanical function is critical to good health. This form of treatment has a safe and effective clinical track record and the support of over 75 peer reviewed research papers - more than any other chiropractic technique. Unsurpassed gentleness and safety characterize this procedure. In treating infants, the goal is to counter the effects of the often harsh, sometimes traumatic birth process by removing any form of mechanical dysfunction resulting in altered nervous system function from the new baby as soon as possible...to help minimize or eliminate any compensations, complications or health issues. Breastfeeding challenges, often caused by these hidden barriers (including misalignments), are one example of what this intervention addresses.

www.icpa4kids.com, www.icapediatrics.com, www.acapedscouncil.org,
www.nuccaclinic.com.

Craniosacral Therapy for Infants

Craniosacral Therapy for Infants is a light touch form of bodywork applied by the CST practitioner "creating a safe atmosphere or space for the client... using a very gentle touch." The practitioner palpates for movements of the fascial system, locates areas of restriction and promotes gentle motion of the CS system using these holds to facilitate optimal balance, movement and tissue integrity throughout the connective tissue body. Part of the healing process is a state of "rest" that it often produces. There are a wide variety of approaches, all stem originally from cranial osteopathy. CST, as it relates to ankyloglossia, specifically addresses the midline and whole body restrictions from the top of the head to the tips of the toes. Practitioners are qualified professionals who have a hands-on license to touch. www.craniosacraltherapy.org , www.upledger.com ,
www.carolgray.com

Craniosacral Facial Therapy for Infants

Craniosacral Fascial Technique was founded as a therapeutic application process by Dr. Gillespie DMD, MSD, LMT in 1980. It focuses on his discovery of the craniosacral fascial system consisting of the slight motion of the brain and spinal cord pumping cerebrospinal fluid into the fascial web that connects every structural cell of the body. When physical and/or emotional traumas adversely tighten this freely moving system in newborns, children, and adults, tremendous pressure can be exerted on associated nerves, muscles, organs, blood vessels, lymph vessels, and bones. Adverse reactions may result throughout the body, including those that impair an infant's ability to feed. CFT can be effective with many nursing issues since craniosacral fascial strain can be present in the oral tissues, such as the tongue and floor of the mouth. The craniosacral fascial system must work well for the optimum function of the suck, swallow, and breath mechanism, a key element in the infant's ability to thrive. CFT can be a powerful tool in normalizing oral function and facilitating effective breastfeeding.

www.gillespieapproach.com

Infant Massage

Infant Massage provides benefits in four distinct ways. It stimulates all the systems of the body including the: Nervous system, Circulatory system, Respiratory System, Elimination System, and Immune System. It stimulates the release of oxytocin, known as the cuddle hormone (released in both parent and child), prolactin (promoting milk production in the mother) and other endorphins. It reduces muscle stiffness and normalizes muscle tone". Practitioners/Instructors in Infant Massage are qualified professionals who have a hands-on license to touch.

www.infantmassageusa.org

Myofunctional Therapy

Myofunctional Therapy is the neuro-muscular re-education of the oral facial muscles. It is a therapy program designed to re-pattern swallowing, chewing and breathing through the use of exercises and behavior modification. We are trained to eliminate noxious habits such as thumb sucking, nail biting, mouth breathing and tongue thrusting. This therapy will aid in growth and development and is now being widely accepted as one modality in the treatment of TMD, chronic headaches, malocclusion, functional posture problems, digestive disorders from air swallowing, ear ringing, drooling, and failure to thrive. By therapeutically completing the program, many times articulation problems are eliminated or improved because the patient has better control of their muscles.

Myofunctional therapy is now believed by some doctors to be a major help with sleep apnea problems. There is also an aesthetic component to the treatment because by changing the functional of the facial muscles, a more relaxed, natural, defined facial appearance appears. <http://aamsinfo.net/> <http://www.aomtinfo.org/>
<http://www.iaom.com>

Orofacial Myofunctional Therapy

Orofacial Myofunctional Therapy is a series of therapeutic exercises designed to achieve proper rest posture of the tongue and muscularly balanced oral functions (swallowing, chewing). Likened to a personal trainer for the tongue, the myofunctional therapist works one-on-one in a series of between 5-15 sessions to create proper muscular tone, strength and coordination. OMT is often paired with speech therapy if needed and can be helpful with some facial pain, sleep, and breathing related disorders.

www.learnairwayortho.com

Osteopathic Pediatric Care

A Pediatric Doctor of Osteopathic Medicine (DO) is a pediatrician who has studied medicine at an osteopathic medical school and has gone on to complete a pediatric residency. In the US, a DO is a physician licensed to perform surgery and prescribe medication. Like an allopathic physician (MD), an osteopathic physician completes four years of medical school and can choose to practice in any specialty of medicine. However, osteopathic physicians receive many additional hours in the study of using the hands to mobilize and stabilize the spine and the body's musculoskeletal system. Many pediatric DOs are Fellows of the American Academy of Pediatrics.

www.healthychildren.org

Posturology

Posturology was developed in the mid 1980's in France by an orthopedic surgeon. It is based on neural plasticity and structural integrity. Standing quiet requires the input of the feet, eyes, stomatognathic (mouth, jaw and related structures) system and the skin. Posturology assesses these systems and corrects any faulty input, leading to postural and movement dysfunctions. <http://posturologyblog.com> <http://www.matboule.com>

Reflexology

Reflexology is the art and science of pressure application to specific areas of the feet, hands, face, and ears to promote balance in the musculoskeletal system. Reflexology can help negate the effects of stress while relaxing and balancing the entire body. Through the relaxation process, the body is more capable of dealing with the stresses placed on it by daily living and those associated with illness. Reflexology helps the body relax and balance gently nudges the body toward better functioning by improving lymphatic drainage and venous circulation, stimulation to the nerve pathways, and muscle relaxation, helping the body to balance itself. This modality is quite relaxing for babies and it helps them settle pre and post oral tether revision. Parents are educated about simple points they can gently massage at home to promote calm state pre and post wound management. Practitioners are qualified professionals who have specialized training in the study of Reflexology.

www.arcb.net, www.suericks.com, www.wholebodyLLC.com

TummyTime!™

TummyTime!™: The American Academy of Pediatrics recommends both Back to Sleep/ Safe Sleep and Tummy to Play recommendations. The recommendations are to begin to play with baby when they are lying on their tummy everyday from birth. This position may be a bit challenging for the baby with midline restrictions and decreased mobility of the tongue, however, it is one of the most helpful ways to encourage baby to use new motor patterns for tongue mobility and function, decreasing asymmetry and promote optimal postural development. Babies end up loving tummy time when we offer this position with love and support. www.lovetummytime.com, www.wholebodyLLC.com

Specialized Therapeutic Applications (A-Z)

Advanced Lightwire Functional and Cranial Osteopathy

Advanced Lightwire Functional and Cranial Osteopathy is a method of jaw growth enhancement that uses very gentle pressures on the jaw, facial, and cranial bones using a combination of a light wire orthodontic appliance and hands-on cranial adjustments. Practitioners tout this as a more "whole body" method of orthodontic treatment as it seeks etiologies outside the mouth. www.alforthodontics.com

Biobloc Orthotropics

Biobloc Orthotropics is a method of reversing jaw growth damage (narrow palate, poor lip tone, retruded chins, dental crowding) caused by habitual open mouth postures at an early age. Developed by John Mew in England and taught by Bill Hang in the US, this technique is often called "surgery without a scalpel" because of the dramatic facial changes and improvement in breathing and airway it creates. The technique is most effective between the "dental" ages of 4 and 10.

www.facefocused.com, www.orthotropics.com

Myofunctional Orthodontics

Myofunctional Orthodontics is an approach that seeks to correct disorders of tongue posture and functions to improve the eruption pattern of the teeth and lessen the need for braces. It is an *Integrative System* of orthodontics that uses a myobrace training appliance, a light wire expander and myofunctional exercises to achieve proper jaw formation, correction of facial features and optimal teeth pattern eruption.

www.myobraceni.com, www.alignmine.com

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*Many thanks go to the following individuals for their contribution to this document
Thank you also goes out to all the practitioners / therapists everywhere
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