



The 8 Step (10 minute) Chiropractic Examination of a Toddler or Older Child:

Following this step-by-step procedure will enable you to examine the toddler comprehensively in a structured, professional and time-efficient manner.

Step One – Observation

- During the History taking observe the child
 - o *How is their posture?*
 - o *Are they sitting in a W position?*
 - o *Do they fall over a lot?*
 - o *How is their behaviour?*
 - o *Are they talking?*
 - o *Looking at you in the eyes?*

Step Two – Prior to the examination

- Interact with the child to begin the bonding process

Step Three – Standing:

- Posture
 - o We use a digital postural analysis tool
 - o If scoliosis is suspected, check with scoliometer
- ATNR (in an older child who can follow instructions)
- TLR (in an older child who can follow instructions)
- Moro (in an older child who can follow instructions)
- Balance (in an older child who can follow instructions)
 - o 2 legs. 2 legs eyes closed. 2 legs on pillow.
 - o 1 leg. 1 leg eyes closed.

Step Four – Seated:

- Palmer
- Rooting
- Plantar Grasp
- Babinskis
- Eye Tracking
- Muscle Stretch reflexes : Jaw, biceps, triceps, patella, Achilles (can also be done supine later if child is too young)

- Lower and Upper cervical exam
 - *Including the 4 step Upper Cervical Examination*
- Thoracic Exam
- If required:
 - *Cranial Nerve Exam: conducted only if history or observation suggests a potential neurological issue*

Step 5 – As they are moving to Prone; on all 4s: 1 minute

- ATNR
- Spinal Galant
- STNR

Step 6 - Prone: 2 minutes

- Lumbopelvic Exam
 - Motion Palp
 - Heel to buttocks
 - Hip Extension
 - Leg Length
 - Nuchal Line exam
 - Gluteal Crease
- Thoracic Palpation

Step 7 – Supine: 2 minutes

- Cervical Palpation
- Cranial Sutural Examination
- Jaw and Cranial Va
- Hip Orthopaedic Examination
 - Barlows
 - Ortalanis
 - Motion Palp
 - Leg Length
- If required:
 - Psoas
 - Diaphragm
 - MSR (if didn't do seated)

Step 8 – Standing with Fit Ball: 1 minute

- Moro (on ball)
- Fukudas
- Vestibular system dysfunction; Superman (on ball)