

Colic

Description: Infantile colic is a very general term used to describe a wide variety of symptoms occurring in children from birth to several years old. While the symptoms may vary widely, in general they all relate to some degree of pain, discomfort, restlessness, or crying, usually with no apparent cause.

Chinese Energetic Aspects: Two major aspects of colic may be involved in an individual child. The digestive system is considered inherently weak in infants and frequently may cause colic symptoms. Also, restlessness, anxiety, fearful sleep or waking is explained as the child's energy not being settled or grounded properly in the body. An unusual, frightening experience may also be a source for colic symptoms. Usually, colic in the U.S. is related to digestive weakness.

Massage Plan

Each step tells you which technique, the point name, a brief description of the location, and how long each technique is performed.

- 1) Press Rotate **Spleen Meridian** (thumb pad) 30-60 seconds
- 2) Press Rotate **Wood Gate** (thumb base) 30-60 seconds
- 3) Press Rotate **One Nestful Wind** (back hand wrist) 30-60 seconds
- 4) Push **Three Passes** (inner forearm) 30-60 seconds
- 5) Rotate Push **Abdomen** 3-5 minutes
- 6) Spinal Pinch Pull **Spine** 3-5 repetitions
- 7) Press Rotate **Bubbling Spring** (foot bottom) 30-60 seconds
- 8) Press Rotate **Ravine Divide** (ankle) 30-60 seconds
- 9) Press Rotate **Leg Three Miles** (outer leg) 30-60 seconds
- 10) Push **Water Palace** (above eyebrows) 30-60 seconds
- 11) Push **Celestial Gate** (center forehead) 30-60 seconds
- 12) Press Rotate **Great Yang** (temples) 30-60 seconds

Massage Length

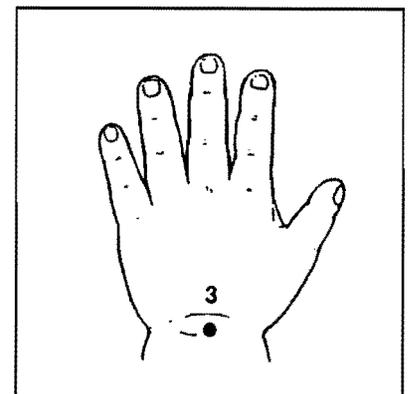
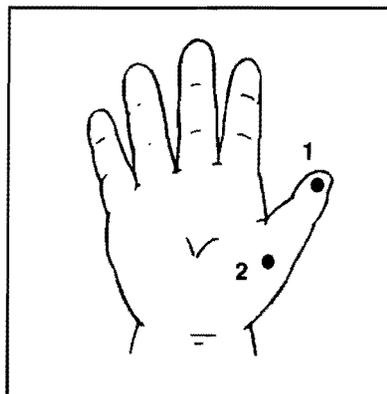
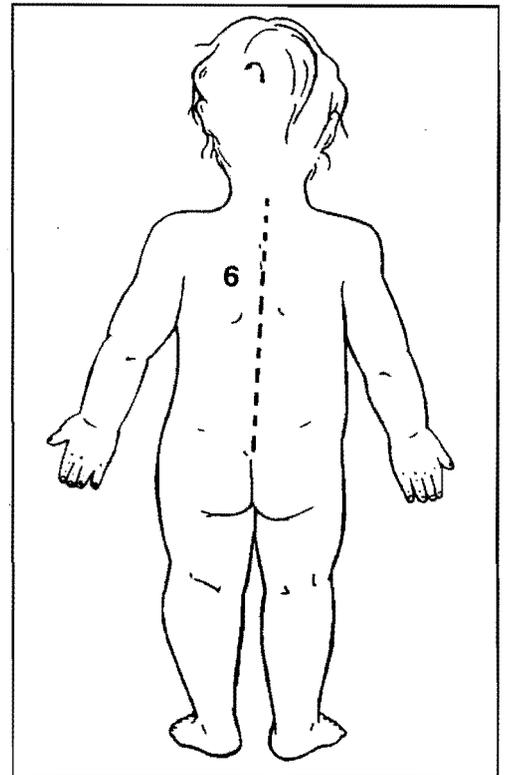
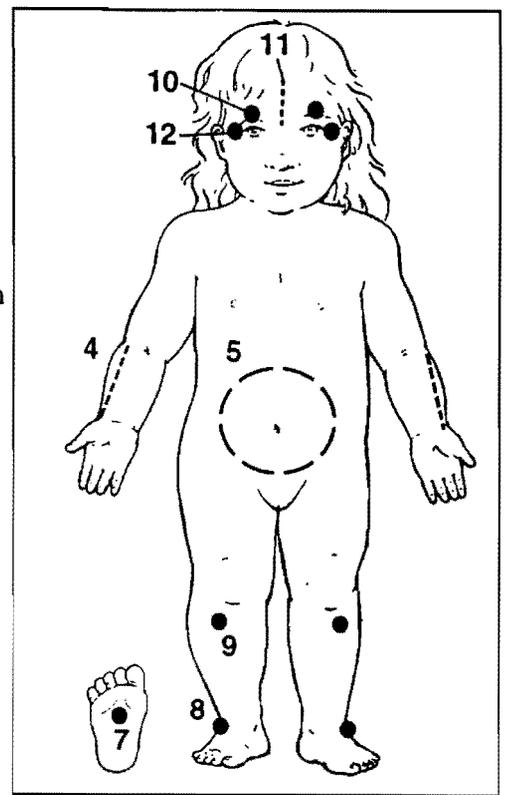
If you do all 14 of the points for the recommended times it should take 15-20 minutes for a complete massage.

Massage Frequency

How frequently to do the massage depends on the severity of the colic symptoms and how much time you have. For most cases, doing the complete massage once per day is adequate. If the symptoms are very severe or reoccur during the day, then doing the massage two or three times per day may be necessary. You can adapt the massage frequency to how your child responds, decreasing the frequency as the symptoms decrease.

Massage Mediums

It is important to use some kind of massage medium when doing the colic massage because it protects the skin from the repetitive nature of the techniques. The massage medium also makes it easier to do the techniques smoothly and evenly. Any type of massage oil or skin cream will work.



What to Expect

There are many factors which will influence how effective the massage is with your child.

Symptom Severity - The more severe the symptoms the more massage is necessary to relieve those symptoms. Initially it may require doing several massages per day for 2-4 days to see some decrease in symptoms. In mild colic cases, you may find that starting out at one massage per day is adequate.

Massage Consistency - Probably the most important factor to success is consistency. Having a regular, daily massage routine will establish a good beginning. Many parents find that before or after baths or naps a good time. As the symptoms decrease you may not need to do as much massage; however, using the 3 Point Massage daily will maintain the improvement and continue the healing process.

Additional Aggravating Conditions - If there are other medical conditions or symptoms involved, these must also be appropriately addressed in addition to the colic massage, and may require more time to see results. Consulting with your pediatrician or health care provider can help you with an overall plan which includes the colic massage.

Mother's Diet - If the mother is breast-feeding, her diet can be an important factor to consider. Many times, colic symptoms can be partially relieved by experimenting with different foods and observing reactions in the child. It is beyond the scope of this handout to cover all the potential foods which may be aggravating factors; however, some common ones are: all cabbage family, tomatoes, citrus, garlic, onions, chocolate, coffee, legumes, rhubarb, peaches, melons. Consult with a knowledgeable health practitioner to gain more individual information.

Adapting the Colic Massage Plan

3 Point Massage Plan: This is a simple version of the colic massage which may be used for less severe symptoms. It may also be used more frequently during the day in addition to the complete massage. The 3 point massage gives you more flexibility to continue supporting your child even when you do not have enough time to do the full massage.

Press Rotate **Spleen Meridian** (thumb pad) 30-60 seconds

Push **Three Passes** (inner forearm) 30-60 seconds

Rotate Push **Abdomen** 3-5 minutes

External Herbal Colic Remedy

In addition to the massage, many parents have found the use of a simple external herbal remedy to be helpful in relieving colic symptoms. This remedy consists of:

Fresh grated ginger

Finely chopped scallion stalks (green onions)

Bran

Using equal amounts of each ingredient, add water if necessary to keep together and heat until warm. Make enough to form a small circle the size of a quarter. Test the temperature so it is not too hot for the child's skin.

Place a quarter sized amount on a piece of gauze or cloth and place this directly over the child's navel. Hold this in place with an ace bandage or some type of a wide sash.

You may leave this on for several hours. Many parents have reported almost immediate relief of some colic symptoms with this application. It is a useful option for times between massages. You may also find it beneficial in cases where the symptoms seem to occur at approximately the same time each day. In this case, try applying the herbs 30 minutes before the typical time for symptoms.

If you have questions, give me a call

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