



Foster Chiropractic Highlights Pediatric Chiropractic Care in Flower Mound, TX

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Foster Chiropractic highlights its services as a pediatric chiropractor in Flower Mound, TX through its educational resources. The clinic addresses health concerns in infants and children with approaches that have been practiced for more than a century.

Parents seek optimal care for their children when facing illnesses or injuries. Effective medications for childhood ailments can be limited, and prescription options often carry side effects that may be more pronounced in young patients. Surgical interventions represent another consideration for many families. Chiropractic care has been utilized in this context alongside other approaches.

Chiropractic care centers on the relationship between the spine and the central nervous system. The spinal cord houses the brain stem and nerves exiting from the base of the skull. Nerves controlling different body parts exit the spinal column at specific vertebrae. Issues in the body may connect to spinal health, and chiropractors receive specialized training to evaluate these connections.

Children and infants undergo rapid physical changes during growth, making attention to injuries or issues

relevant to minimize potential long-term effects. Some problems arise from the developmental process itself. Even newborns may experience spinal stresses from positioning in utero.

Many infant conditions may relate to spinal or nervous system factors. These include colic, reflux, breastfeeding difficulties, chronic infections, sleep pattern disruptions, and allergies. A systematic review of the literature on chiropractic care for infantile colic identified multiple studies, including clinical trials and case reports, indicating positive outcomes in symptom management. Another review highlighted improvements in colic symptoms reported by parents following adjustments.

The first appointment at the clinic involves a thorough review of family and child medical history, along with details about the presenting issue. A physical examination follows to identify potential problems, with possible additional testing such as X-rays or magnetic resonance imaging if needed for diagnosis. Based on findings, the chiropractor develops a tailored treatment plan, and parents are encouraged to ask questions.

Treatment options for children include manual manipulation of joints to support alignment and nerve function. Parents may hear popping or cracking sounds during adjustments, a normal occurrence caused by gases escaping from joints. Additional therapies can include heat or cold applications to joints or ultrasound, which uses sound waves to stimulate nerves and address inflammation and swelling.

Karl L. Foster, D.C., founded the practice and brings more than 35 years of experience since entering practice in 1991. Born in Artesia, New Mexico, he earned his Doctor of Chiropractic degree and Bachelor of Science in Anatomy from Parker College of Chiropractic in Dallas, Texas. He holds a Certification in Meridian Therapy, also known as acupuncture, and a Certificate of Proficiency in the Diagnosis, Treatment, and Rehabilitation of Carpal Tunnel Syndrome and other cumulative trauma disorders. Dr. Foster maintains membership in the Flower Mound Chamber of Commerce and the Flower Mound Rotary.

Mason Foster, D.C., joined the practice after graduating from Parker University with a Doctorate of Chiropractic in 2020. He focuses on analyzing and correcting root causes of musculoskeletal pain to support patient health and wellness. His approach centers on understanding individual needs to facilitate healing. Dr. Mason Foster participates as an active member of the Cross Timbers Rotary Club and contributes to community volunteering and charitable activities.

"Chiropractic care for children targets spinal alignment to support nervous system function and address various developmental concerns," said Karl L. Foster, D.C., founder of Foster Chiropractic. "This method has been part of patient care for many young individuals through adjustments tailored to their growing bodies."

The clinic serves families seeking care for pediatric musculoskeletal and related issues. Adjustments aim to relieve discomfort and support proper development. Patient and family education on posture, habits, and

wellness forms part of the approach.

"Care for kids at the clinic adapts techniques to each child's specific circumstances," said Mason Foster, D.C., chiropractor at Foster Chiropractic. "The emphasis on root causes supports overall health and development."

Chiropractic care integrates with broader wellness principles for children. Adjustments influence nervous system performance through better alignment. The family-oriented practice combines Dr. Karl L. Foster's extensive experience with Dr. Mason Foster's perspectives to provide continuity and individualized plans.

A 2019 systematic review noted positive outcomes, including improvements in colic, irritability, and sleep patterns among infants receiving chiropractic care. Families have described reduced colic symptoms, improved sleep patterns, and better management of certain issues following pediatric adjustments. Regular visits, supported by the clinic's schedule, contribute to ongoing progress. The methods focus on conservative care.

Foster Chiropractic draws on its resource about chiropractic care for kids to inform families about processes and considerations. This educational material covers common concerns, examination steps, and treatment expectations. The clinic assists those exploring options for infant and child health involving spinal alignment and nervous system support.

Results from chiropractic care for children vary by individual and depend on factors such as age, condition, and overall health. Chiropractic care should complement, not replace, conventional medical treatment for children. Families should consult qualified health professionals regarding their child's specific situation. The clinic recommends evaluation to assess suitability and create an appropriate plan.

Dr. Karl L. Foster's long-term practice has allowed observation of patterns in pediatric presentations. This experience informs customized protocols considering developmental stages. Additional techniques, such as those from meridian therapy based on his certification, can complement adjustments.

The generational involvement in the practice ensures consistent standards while incorporating updated insights into child care. Community engagement by both doctors extends their role beyond clinical services in Flower Mound and surrounding areas.

Foster Chiropractic maintains a commitment to treatment, education, and family satisfaction in pediatric chiropractic care. The clinic's methods reflect expertise in adjustments applied to children's needs, supporting

families in health and development through established approaches.

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Foster Chiropractic

Karl Foster, D.C. has over 30 years of experience adjusting patients. With our chiropractic adjustments, we commonly treat a wide variety of conditions.

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