



# Ear Infections

## DEFINITION

*Ear Infections, or otitis media is an inner ear infection caused from a blockage of the Eustachian tubes. The Eustachian tube allows equalized pressure on the eardrum and allows fluid to drain away from the inner ear. When the Eustachian tube is blocked, fluid builds up and causes an infection. The transverse process, bones sticking out from the sides of a vertebra, run next to the Eustachian tubes at C1, the first cervical vertebra. When a vertebra is misaligned or subluxated, swollen tissue will result causing the Eustachian tubes to block. By removing subluxations a C1 and C2, you can reduce the tissue swelling around the Eustachian tubes and allow the inner ear to drain, clearing the infection within a couple of days in many cases.*

## SYMPTOMS

- EAR ACHES OR TUGGING AT THE EAR
- EAR AND NASAL DRAINAGE
- FEVER
- POOR SLEEP
- IRRITABILITY AND CRYING
- DECREASED APPETITE

## TREATMENT

*Chiropractic care works on relieving symptoms and complications associated with ear infections, by relieving pressure off the Eustachian tubes. Evidence shows Chiropractic care to be helpful within 10 days and fewer than 5 adjustments. To see if Chiropractic may be able to help you, call one of our offices today for a complimentary consultation.*

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CHIROPRACTIC

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