

# **Clumsiness in School Aged Children and the Potential Role of Chiropractic Treatment - A Pilot Study**

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## **Study Design:**

A randomised controlled experimental trial.

## **Objective:**

To determine if correction of the subluxation complex using chiropractic methods can effectively improve the timed motor performance of normal mainstream school aged children.

## **Rationale:**

Despite there being many different treatment modalities available today that claim to effectively manage clumsiness in children, there is no apparent leading treatment and no clearly established aetiology for this disorder.

## **Methods:**

28 six year old mainstream school children were screened for subluxation complex. Timed motor performance was assessed using a pegboard. The treatment group received chiropractic adjustments. Performance was reassessed four times, both during and after intervention.

## **Results:**

Both control and intervention groups showed trends for improvement but neither change was significant. The dominant hand performed faster than the non-dominant hand at baseline ( $p < 0.0001$ ). Slower subjects at baseline showed the greatest improvement post intervention.

## **Conclusion:**

Nervous system interference from the subluxation complex may contribute to sub-optimal motor performance in some school aged children. Chiropractic treatment may have a role to play in the management of clumsiness.