

Shipshewana Clinic
660 S. Van Buren St.
260-768-4333



Millersburg Clinic
501 E Washington St.
574-642-0233

HYPERACTIVE CHILDREN / ADHD

EXAM

NEUROLOGICAL TEST

- 1.) Check dominance
- 2.) Patterning exercises
- 3.) Eye movement
- 4.) Finger to nose

CHIROPRACTIC EXAM

- 1.) Cranial check
- 2.) Upper cervical check

HOME EXERCISES

GO THROUGH CROSS PATTERN EXERCISES 1-4

- 1.) Forward cross
- 2.) Backward cross
- 3.) Mixed cross counting to 20 / Mixed cross counting backward 10 to 1 then singing for 10
- 4.) Lying cross crawl

DIET

- NO candy or soda
- Only ONE grain per day
- Only ONE dairy per day
- Lots of fruits, vegetables, nuts, fish, eggs, and chicken

SUPPLEMENTS

- Multivitamin for children
- EPA / DHA (Omega 3)
- Acidophilus
- Evening Primrose Oil