

COMPLEMENTARY AND ALTERNATIVE MEDICINE (CAM)

DESCRIPTION :

Complementary and alternative medicine refers to methods and treatments from various traditions and countries, which are not part of conventional Western medicine. Therefore, their effectiveness is not scientifically investigated with the same level of rigor as Western medical interventions. Acupuncture, massage therapy, naturopathy, osteopathy, chiropractic or even homeopathy are known examples of CAM. Although these approaches cannot replace conventional medical treatment, we have nevertheless chosen to present some of them in this factsheet, as they can be used in addition to established medical protocols to relieve certain symptoms which manifest as a result of dwarfism.

CHIROPRACTIC :

Chiropractic is a natural approach seeking to treat and prevent conditions of a neuro-musculoskeletal nature, through spinal and joint adjustments. Chiropractic adjustment aims to restore the proper functioning of the human body. This discipline also works via prevention, which is why chiropractors insist on the importance of a healthy lifestyle.

A chiropractic appointment consists of a series of postural, orthopedic, neurological and palpatory examinations in order to detect the various issues causing the symptoms. If necessary, the chiropractor will also take x-rays. The chiropractor mainly uses manual treatments, such as spinal and joint manipulations and soft tissue techniques. Their specialty is the technique known as chiropractic adjustment and joint manipulation.

OSTEOPATHY :

Similar to chiropractic, osteopathy is a comprehensive, exclusively manual approach aimed at restoring the functionality of structures and systems of the human body. The osteopath focuses their attention on the different structures that make up the body, including the musculoskeletal and neurological systems, but also on the viscera and organs. They only work with their hands.

In this clinical practice, the osteopath uses manual techniques aimed at restoring optimal function of bones, muscles, nerves and organs, as well as restoring balance in the body and relieving the patient's symptoms. Each treatment is specific and individualized.



ACUPUNCTURE :

Acupuncture, one of the disciplines of traditional Chinese medicine, seeks to stimulate certain areas of the epidermis, "acupuncture points", to promote the flow of Qi.

Acupuncture does not use any chemicals. However, contrary to popular belief, acupuncture treatments do include a variety of techniques and tools. The needle is the most common and best-known tool for stimulating acupuncture points. It is a very thin "dry needle" that does not allow the injection of fluids. The needles are sterile and disposable. The acupuncturist may also use moxibustion, a method of heating acupuncture points or certain areas of the body. Finally, the acupuncturist can also use lasers, electrical stimulation (TENS - transcutaneous electrical nerve stimulation), the placement of suction cups, or even Tuina massages.

BENEFITS OF CAM FOR LITTLE PEOPLE :

For little people, acupuncture, osteopathy or chiropractic can be useful in relieving chronic pain (lower back, neck, osteoarthritis, etc.) related to their condition. These approaches can also help reduce post-surgical pain in people who have had operations. Additionally, chiropractic and osteopathy can help correct a problem with posture. However, **it is important to note that serious health problems, such as cervical instability present in some little people, are contraindications to spinal manipulation which can be performed in osteopathy and chiropractic.**

Finally, acupuncture has a relaxing aspect, which is said to help fight insomnia, stress and anxiety. It can therefore be an ally in maintaining good mental health, just like massage therapy.

RESOURCES :

- **General:**

Association québécoise des personnes de petite taille

<https://www.aqppt.org/>

Little People of Ontario

<https://littlepeopleofontario.com/>

Regroupement québécois des maladies orphelines - Centre iRARE

<https://rqmo.org/centre-dinformation-et-de-ressources-en-maladies-rares/>

- **Acupuncture:**

Ordre des acupuncteurs du Québec



<https://www.o-a-q.org/fr/Accueil.aspx>

Association des acupuncteurs du Québec

<https://www.acupuncture-quebec.com/>

- **Chiropractic:**

Ordre des chiropraticiens du Québec

<https://www.ordredeschiropraticiens.ca/fr/>

Association des chiropraticiens du Québec

<https://www.chiropatique.com/>

Monchiro.ca

<https://www.monchiro.ca/a-propos/chiropraticien>

- **Osteopathy:**

Ostéopathie Québec

<https://osteopathiequebec.ca/fr/>

Fédération canadienne des ostéopathes

<https://www.osteopathy.ca/fr/>

Association québécoise des ostéopathes

<https://associationquebecoisedesosteopathes.com/>



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Avec la participation financière de

Office des personnes
handicapées

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