



Move Well. Feel Well.

# Infantile Reflux



## What is Infantile Reflux and what are the symptoms?

Infantile reflux is very common in the first year of a baby's life. Also known as gastro-oesophageal reflux (GOR), Infant reflux is when the contents of the stomach are regurgitated back into the food pipe or mouth.

Signs your baby is experiencing reflux include frequent burping, excessive crying or difficulty settling. Signs of pain or discomfort, poor weight gain or disrupted sleep can also be common.

## What causes Infantile Reflux

Infantile reflux is very common in the first year of life as the digestive system is still developing. It often occurs because the muscle at the top of the stomach is under-developed, causing it to be loose. This allows milk and stomach acids to flow back up the food pipe and even out of their mouth.

## What is happening?

While Infantile reflux can be quite distressing for parents, it is often normal in an otherwise healthy baby.

Reflux occurs when the contents of the stomach are regurgitated back into the food pipe (oesophagus) or into the mouth. Most reflux is swallowed back into the stomach, but it may also project out of the mouth. This is referred to as possetting.

Regurgitation involves no straining and is almost effortless just like a hiccup. In some babies reflux can lead to complications such as inflammation of the oesophagus and failure to thrive and this is called gastro-oesophageal reflux disease (GORD) and requires medical attention.

## What is the likely progression of Infantile Reflux?

Infantile reflux or GOR usually occurs between 3 weeks and 12 months of age. It often peaks around 4-6months.

As your baby grows older, the muscles at the top of the stomach become stronger. For most babies, infantile reflux resolves by the time they are one year old.

## KEY POINTS

- Sever's disease is pain at the back of either one or both heels.
- It's common in children aged 8-14, especially those that are highly active and growing.
- Osteopathy can help to reduce the tension in the area, and address any underlying factors that may be adding to it.
- Hands on treatment, rest, as well as stretching and an exercise program can help with Sever's Disease management.



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## Managing Infantile Reflux with osteopathy.

### How does Infantile Reflux feel?

Your baby is likely suffering from reflux if they are regurgitating 2 or more times a day for 3 days or more but has no other obvious signs of illness such as fever, blood in stools, vomiting.

If your baby has reflux they may regurgitate milk, especially after feeding. Some signs that indicate your baby is suffering from GOR may include :

- Frequent wet burps, hiccups, excessive crying
- Difficult to settle
- Arching of the back or stiffening during and after feeds
- Pain and discomfort in the chest or upper abdomen
- Disrupted sleep
- Poor weight gain
- Breathing or swallowing difficulties
- Needs to be upright to be settled after feeding

### How can osteopathy help with Infantile Reflux?

There are a number of areas where restriction in the body may be affecting the function of the oesophagus and digestive system. Tension, irritation or compression in areas such as the diaphragm, rib cage or upper back can contribute to your baby's reflux.

Your Osteopath can identify and treat any areas of restriction that may be causing or contributing to reflux in your baby. Cranial Osteopathy is a very gentle and relaxing form of treatment that is particularly suited to babies. Gentle pressure is applied to different parts of your baby's body to release strain patterns and restore balance to their whole system. Your Osteopath will also be able to assist you if a referral is necessary if your baby has signs of GORD.

### What can I do at home?

- Hold your baby in a more upright position during and after feeds for approx. 20 mins
- Place your baby on their tummy between feeds when supervised by an adult
- Speak to your doctor about suitable specialist formulas for the dietary management
- Avoid overfeeding by opting for smaller feeds more often and burp your baby before, during and after
- Avoid tight-fitting clothing
- If your baby is bottle-fed, check that the teat hole is not too large causing the flow to be too quick.

### For more information...

Contact your osteopath at Whole Body Health & Wellness

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It is estimated, up to 50 percent of babies will experience infantile reflux in the first 3 months of life.

Health Line