



Treatment not painful

During his chiropractic treatment, 11-year-old Jonathan Lim (above, with chiropractor Matt Kan) is quick to say. "It is not painful."

Jonathan's mum, Madam Miriam Ng, 46, made his first appointment in April this year, after a friend's recommendation.

She says: "He was putting on his swimming trunks and I saw how his spine curved. Very clearly."

Not only does Jonathan regularly slip over his own feet and fall but he will sit in the same position for hours at a time while studying.

Says his homemaker mum: "His PSLE is this year so he has a lot of homework. Because he will have to sit for almost three hours in the exam, he trains at home."

And his bag is very heavy. Jonathan weighs 36kg while his bag weighs 5.5kg. No wonder Jonathan had a pain in his neck or shoulder.

Now he takes a trolley bag to school.

Once Jonathan's session is done, it is Justin's turn.

Justin Lo is 10 years old, and a sports injury has left him limping. He plays rugby and soccer and is forever falling or getting sports-related knocks.

His mum, Madam Joanna Tan, says she was not concerned at first.

The 47-year-old secretary says: "He would ask me to massage his back but when I pressed down on it, it was painful. I thought it was just a muscle sprain."

The pain got worse and worse and when mum's touch became unbearable to take, she sought treatment.

However painful his injuries are, he isn't giving up either sport.

ST PHOTOS: DESMOND FOO

Dr Matt Kan from Chiropractic First in OUB Centre works his magic on patient Jonathan Lim, 11. Dr Kan says children tend to recover faster, because they have not had the spine injury as long as adults have.

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