

# Effective paediatric immobilization for x-ray procedures

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Most patients for chiropractic x-ray examination are responsive to proper positioning and breathing instructions. In the case of young children however, optimum immobilization is often difficult. Fortunately, there is an easy and effective restraining technique that is already at the chiropractor's disposal. A large sheet or gown can be utilized as an effective, cost efficient restraining device.

Take a large sheet or gown, folded lengthwise and place it on the radiographic table. Position the undressed child at one end of the sheet so that the child's shoulders are at the top and the head is on the table. Please note: the child should be placed off centre

of the sheet (Figure 1). Bring the shorter end of the sheet over the arm and tuck it under the body (Figure 2). Next, bring the longer end of the sheet over the exposed arm and under the child's body again. Take the remainder of the sheet and wrap the child from neck to toe (Figure 3). The child is now mummy wrapped and ready to be radiographed.

By utilizing the mummy technique paediatric radiography will be easier and more importantly, reduce the risk of repeat exposures due to motion artifact. This will reduce patient exposure as well as produce quality, diagnostic films.

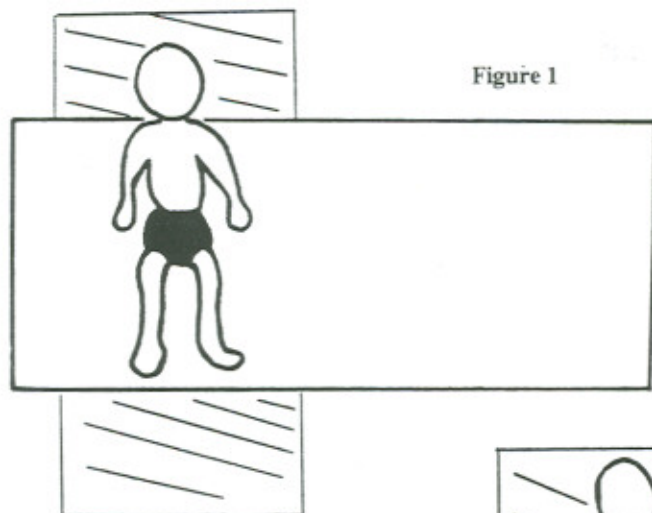


Figure 1

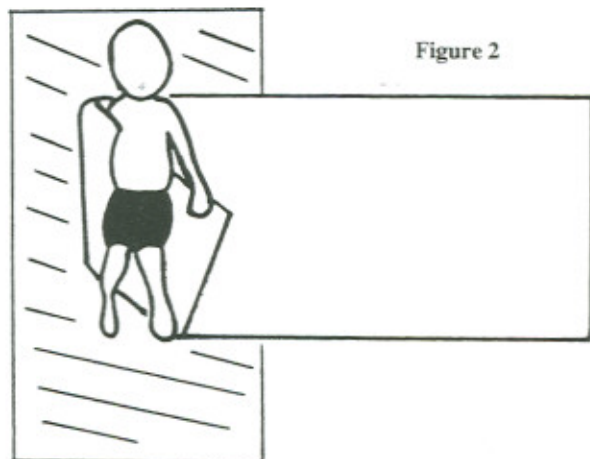


Figure 2



Figure 3

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