

Ear Infection

Otitis media is an infection of the middle ear, the area just behind the eardrum. It happens when the eustachian tubes, which drain fluid and bacteria from the middle ear out to the throat, become blocked.

Blockage of the eustachian tubes may be caused by any number of situations, including: respiratory infection, allergies, tobacco smoke or other environmental irritants, infected or overgrown adenoids, sudden increase in pressure (such as during an airplane flight), drinking while lying on the back (such as with a propped bottle), excess mucus and saliva produced during teething, and cranial bone restriction (which may have occurred during the birth process).

Otitis media is common in infants and children, because their immune systems are immature and their eustachian tubes are easily clogged. It is important that children with otitis media be seen by a healthcare provider because there can be serious complications if the infection is left untreated.

Signs & Symptoms

Individuals experiencing otitis media may exhibit some or all of the following symptoms:

- Acute pain
- Fever
- Hearing difficulty
- General signs of illness such as vomiting and diarrhea
- In infants, incessant crying

Therapeutic Approach

Although ear infections often clear up by themselves, there can be serious complications if left untreated. Therefore, an antibiotic is usually prescribed. In addition to conventional medical measures, which may also include surgery to insert small drainage tubes in ears, complementary modalities such as CranioSacral Therapy can play an important role in a comprehensive therapeutic approach.

CranioSacral Therapy can facilitate more normal function of the eustachian tubes by normalizing cranial bone and membrane movement. In addition, CranioSacral Therapy has been found helpful in boosting immune system function.