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Effectiveness of craniosacral therapy in the treatment of infantile colic. A randomized controlled trial★

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Highlights

- CST helps in reducing crying hours and colic severity in infantile colic.
- CST helps to increase the sleep hours in infants dealing with infantile colic.
- It would be interesting to perform a RCT with long-term follow up.

Abstract

Objectives

To determine the effectiveness of Craniosacral Therapy (CST) for the treatment of infantile colic.

Material and methods

This randomized controlled trial was conducted on 58 infants, aged 0-84 days, diagnosed with infantile colic. The babies received a 30-40 minute CST session once a week (experimental group) or no treatment (control group). Babies in the CST group received either 1, 2 or 3 CST sessions over a 14-day period. Data were collected at 4 different times over the 24-day period, day 0 (baseline), day 7, day 14 and day 24. Crying (primary outcome) and sleep (secondary outcome) were evaluated using a crying and sleep diary, and colic severity was measured using the Infant Colic Severity Questionnaire (secondary outcome).

Results

There was a statistically significant difference between groups (CST and control) in crying hours ($F = 188.47$; $p < 0.0005$; $\eta^2 = 0.78$), sleep hours ($F = 61.20$; $p < 0.0005$, $\eta^2 = 0.54$) and colic severity ($F = 143.74$; $p < 0.0005$, $\eta^2 = 0.73$) across all the time points. In comparison with the control group, CST babies reported significant and clinically relevant effects in crying hours on day 7 (-2.47 hours (95%CI, -2.95 to -1.99); $p < 0.0005$; $d = 1.73$), on day 14 (-3.29 hours (95%CI, -3.7 to -2.8); $p < 0.0005$; $d = 2.87$) and on day 24 (-3.20 hours (95%CI, -3.7 to -2.6); $p < 0.0005$; $d = 2.54$); in sleep hours on day 7 (-2.47 hours (95%CI, -2.95 to -1.99); $p < 0.0005$; $d = 1.73$) on day 14 (-3.29 hours (95%CI, -3.7 to -2.8); $p < 0.0005$; $d = 2.87$) and on day 24 (-3.20 hours (95%CI, -3.7 to -2.6); $p < 0.0005$; $d = 2.54$).

Conclusions

Craniosacral therapy appears to be effective and safe for infantile colic by reducing the number of crying hours, the colic severity and increasing the total hours of sleep.

Keywords

Craniosacral Therapy, Manual therapy, Infantile Colic, Infants, Crying, Sleep

https://www.sciencedirect.com/science/article/abs/pii/S0965229918309452?fbclid=IwAR1tDI6bbvkBbWyCux_t6IYUFkd_yphF7JQdWMmMvBg16yePy0u9wVfUv2Xs