

Back to School

Backpack Safety for

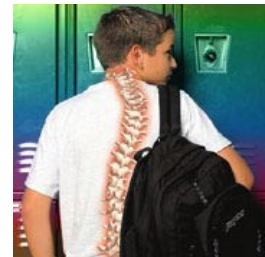
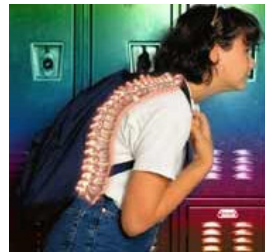
Chiropractors are seeing an epidemic of middle and high school, and university students suffering from back pain due to carrying heavy backpacks. In the past few years it seemed like a great way to get kids to carry their books. Unfortunately, the weight of the backpacks that kids carry has increased.

Have you ever looked at an 90 pound sixth grader bent under a 40 pound backpack? The weight of the backpack forces the student to hunch over with their shoulder rounded forward and head jetted forward. Over time, the muscles adapt to their new poor posture, often leading back problems and other injuries.

Studies indicate that students should only be carrying 15% of their body weight.

All kids should be taught smart backpack ergonomics. This includes loading the heaviest objects closest to the back, wearing a well fitting and properly adjusted backpack. Snug fitting straps, can help reduce the biomechanical stress on the growing spine

Many parents and teachers are helping kids fight poor posture and backpack problems with posture exercises. These exercises train kids to stand straight with their head and shoulders pulled back in line with their hips. Stretching tight muscles and strengthening weak ones helps to restore and maintain good posture.



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Treatment of Back Pain

How to manage....

Ice will help to decrease inflammation, and movement will help maintain your range of motion. Most people think that bed rest is the best way to heal the spine, but this is not so. The joints and muscles of your back need to move or they naturally get stiff and further limit your motion.

Once you are able to start strengthening your back, swimming is the best exercise that you can do. Swimming is a non-weight bearing activity which puts no extra pressure on the spine, allowing your arms and back muscles to work through a full range of motion and giving you a cardiovascular benefit at the same time.

If you come to the clinic with back pain, acute or chronic, we will take a full health history and assess your condition to determine the cause of your pain and discomfort.

Your treatment plan may involve one of, or a combination of, the following therapies:

- * Chiropractic Care
- * Massage Therapy
- * Acupuncture
- * Active Release Technique® (ART)



Athletics In School

Basketball , volleyball, floor hockey, football, track and field, soccer...this list goes on and on. And the one thing they all have in common is that they are on their feet more often than not. The feet are the foundation of our body and many problems that we have as adults can stem from uncorrected foot misalignment. So children can have many of the same problems. In fact, kids are even more impressionable as their bones are still growing and hardening

If your kids are complaining of knee, hip, low back or even neck problems you might want to consider having their feet

checked. The misalignments in the foot can cause the structure above them to compensate and cause pain. Our kinesiologist at Back to Health has the technology to do computerized footscan in order to analyze the biomechanics of the foot. Custom-made orthotics are a way of correcting these misalignment before they cause more irreversible problems. If you think that some of your child's discomfort may be due to the physical stress of sports as well as some biomechanical problem book an appointment with Keri-Lyn today!

Brain Food

During exam time diets are usually tossed aside for the convenience of fast food and coffee. Although coffee may keep you up it certainly is no brain food. Maybe you should try a handful of walnuts or almonds instead. Nuts, fish and a whole host of other foods have been referred to as the 'brain foods' - much needed, in moderation during exam time.

The refined carbohydrates such as muffins, cookies and white bread are rapidly broken down by the body which in turn is crashing them. These foods have a tendency to cause weight gain and also make students more tired.

Nutritionists suggest stocking up on the whole-grain pasta and bread, fish, legumes, fruits and veggies for exam time.

Instead of taking a cup of coffee with you into the exam, try chewing a stick of gum—it will help reduce anxiety.

Introducing Erin Whyte To Our Clinic

A dedicated professional, Erin brings the latest training in massage therapy to the table in a client-centered approach to your care. She is a firm believer in effective treatment plans though partnership with you the client. To that end, Erin strives first to listen and understand your condition so that together you can establish realistic goals for optimal health. Through communication and education, client and therapist can work together to achieve successful healing for the body and the mind.

Erin brings a diverse skill set to Back to Health through her work with various populations including infants and expectant mothers as well as athletes, the elderly and children with developmental delays. Likewise, Erin treats a wide range of client conditions such as diabetes, multiple sclerosis, fibromyalgia, osteoporosis and cancer. Her Active Release Certification is an additional asset in treating both chronic and acute musculoskeletal injuries.

A graduate of Algonquin College's 3 year massage program, Erin is licensed by the College of Massage Therapists of Ontario and a proud member of the Ontario Massage Therapy Association. The newest member of Back to Health team, Erin looks forward to working with you on the path towards optimal health



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