

Student Month

Back to Health Wellness Centre

240 Catherine St., Suite 100
Ottawa, Ont.
K2P 2G8
237-3306

www.Back2Health4you.com

Dr. Barbara Rodwin B.Sc., D.C., D.Acu., A.R.T.
Keri-Lyn Dudgeon B.Sc. (H.K.)
Trevor Nootenboom R.M.T., A.R.T.
Rina McNairn R.M.T., A.R.T.
Jenny Wolfgram R.M.T., A.R.T.
Ken Flannery-Fleck R.M.T.

August, 2003

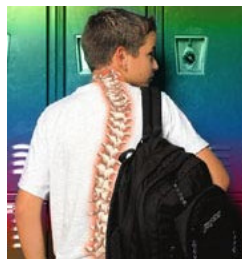


Backpacks

Over the past few years chiropractors and physicians alike have noticed a much larger incidence of low back pain in children and teenagers. Since then numerous studies and awareness programs have brought to light the impact that backpacks have on children and their spine. They have discovered that carrying heavy backpacks may pose a serious threat to young spinal development.

A child should carry no more than 15% of their own body weight. This means that an 80 lb child should have no more than 12 lbs on their back. An overloaded pack forces a child to hunch over with the shoulders rounded and head jutting forward (as seen in the picture to the right). Over time, the muscles adapt to permanent poor posture, often leading to back and neck problems.

The way that a pack is held can also be a source of irritation. Hauling a heavy pack over one shoulder everyday may cause serious postural misalignments. These imbalances can trigger vertebral subluxations which are dysfunctional areas where bone is restricted. This in turn restricts movement. One strap bags promote altered side bending and shoulder elevation as seen in the bottom picture.



Here are some tips on how to wear your pack safely:

- Make sure the pack is sturdy and the appropriate size; whether backpacking in Europe or to your school you need to consider the length and width of your pack
- Padded shoulder straps help reduce strain and possible nerve impingement
- Avoid loading your pack with unnecessary items
- Balance your load so that items are not shifting and making you compensate on one side; pack the heavy items at the bottom
- If you do have a heavy pack be careful when lifting it; lift at the knees and don't sling it over one shoulder.
- Always use BOTH shoulder straps! This distributes weight more evenly and can reduce the stress on your spine.

If you think that some of your back and neck pain is caused by your backpack try to make some changes. If it has been bothering you for a

while you may want to seek further treatment to correct it now.

COME RUN WITH US!
A sign up sheet, registration form and pledge sheet are available from the front desk if you would like to join our team. A notice of important dates will be available in September as we draw nearer to race time and reaching our goal of \$\$\$\$.

A Gift of Health!

During the month of September we are accepting donations towards the **Canadian Breast Cancer Foundation** in exchange for a chiropractic work-up regularly valued at \$140.00. This includes a consultation, exam, report of findings and x-rays if needed. Support not only a great cause but invest in your own health as well!

Student Fees for Chiropractic

Being a student and taking care of your body are not always the easiest things to do. Finding both the time and the money between part-time jobs, classes, socializing and cramming for exams can sometimes put your health on the backburner.

At the Back to Health Wellness Centre we would urge to practice your time management skills. If you can do that, we can help with the financial burden. As a

student, chiropractic patients pay only \$14.00 (if covered by OHIP) after the initial exam. If you need more of an incentive look at the long term benefits...better health will maximize your school career, leave you with fewer postural problems and less severe discomfort to deal with as you age. If you take care of your body now, it will thank you later on down the road!

Special points of interest:

- Check out this website for more information on backpack safety: www.backpacksafe.com

Book online appointments at
www.back2health4you.com



Studying can be hard both mentally AND physically!

“Orthotics can help to correct misalignment early on and reduce the chances of more serious problems later in life.”

The pains of studying

Studying can be hard on the body but that won't be a good enough excuse for your parents if they ask why you aren't at your desk!

Posture is very important while pouring over your books as maintaining those positions for a long period of time can stress your bones and muscles.

Nowadays, many students work on their computer at home, reach for a mouse, strain their eyes and slouch in their chair. This can lead not only to sore backs, headaches, and neck pain but left unnoticed can lead to more permanent postural changes.

Massage therapy is a good way to work out some of those stresses, strengthen weaker mus-

culature and learn about your posture. Your registered massage therapist can help to alleviate tight muscles in the neck that may be causing you to experience headaches or in the low back which may stop you from concentrating longer. They can also help educate you on setting up your desk area, advise you on stretching and strengthening techniques and make sure that you are 100% for those final exams!

The first step in THIS learning curve is prevention. Try to sit up straight, bring your mouse close to the edge of the desk and take frequent breaks. (that's probably the best one you've heard!). You will find that your concentration will increase if your discomfort decreases.

Athletics at 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 misalignments. So suffice is to say that kids 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 structures 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!

Please Welcome Dr. Keith Moore



Dr. Moore is a native to the Ottawa area, spending the majority of his youth in the city of Kanata. Growing up, he was always involved in diverse competitive sporting activities, including hockey, lacrosse, baseball, soccer, and running. It was here that his convictions about leading an active and healthy life began, and it is a lifestyle he continues to lead to this day.

Through his extensive knowledge, training, and expertise, Dr. Moore is able to effectively and accurately evaluate, diagnose, and conservatively treat many musculoskeletal conditions. These may include, but are not limited to, conditions such as back pain, neck pain, whiplash, sciatica, carpal tunnel, repetitive muscle strains, and ligament sprains. It is his goal to help his patients recover fully and quickly, while educating them on how to prevent future injury from occurring.

At the Back to Health Wellness Centre, Dr. Moore uses treatments such as gentle chiropractic adjustments, interferential current (IFC), and Active Release Therapy. Together, these help provide efficient, cost-effective health care for both acute and chronic conditions.

Dr. Moore is a diligent, personable, and extremely compassionate individual who works hard to meet each of his patient's health care needs. He strongly believes in the value of educating and empowering people to help them live their lives to the fullest. Through the judicious use of conservative chiropractic care, Dr. Moore continually strives to help people restore, maintain, and enhance their own health.