



BackTalk



A Monthly Newsletter by the Chiropractic Health Centre
586 Oxford St. East. London, Ontario
www.chiropracticlondon.ca

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519-435-1263



Office Hours for Labour Day Weekend are:

Thursday August 28 th	Closed
Friday August 29 th	Closed
Saturday August 30 th	Closed
Monday September 1 st	Closed

The office will *be open all day*

Tuesday September 2nd
8:30 – 12:00 & 2:30 – 6:00



Have You Moved Today?

Exercise is important, but are you finding it difficult to get started? Try these simple tips:

Think Movement, not exercise.

Many people look for the perfect exercise program to help improve their health. Start by simply moving your body in your home through performing daily tasks and activities.

Take a walk.

One great activity to start with is walking. Walking is a simple way to get moving. Start by going down the street and back. Increase your speed over time as you improve each day. Walking strengthens your muscles and boosts your energy levels.

Try something new!

Trying out a new activity helps change things up a bit and adds fun to your workout. Plus, you're still moving, which means you're getting healthier.



Stretch for Success

Have you ever heard the saying,
“Use it or lose it”?

Let's apply this saying to your health. If you don't move, you may lose your ability to move over time. How do you maintain mobility? Stretching is key. Stretching not only helps your body stay loose but also helps break up adhesions and tight muscle areas.

When a gate hasn't been opened for a long time, what happens? The gate begins to rust and becomes difficult to open. Once you begin opening the gate, the rust starts to break up. Like the gate, opening up tight areas through stretching allows oxygen and nutrients to better enter that area of the body.

Performing stretches can also boost your body's ability to perform better and help prevent you from injuring a muscle or joint.



Back to School Tips For Backpack Safety



Children can avoid injury by choosing, packing, lifting and carrying the correct backpack.

It's that time of year again, when children and parents descend on the local mall for their annual back-to-school shopping excursion, and backpacks are often at the top of the shopping list. We urge parents to take the time to carefully select correct and safe backpacks for their children.

Carrying a poorly designed or overloaded backpack places excessive weight on a child's growing spinal column. This kind of daily stress and strain can lead to serious back pain, changes in posture and gait, and potential irritation of and injury to the spine, joints, and muscles.

An increasing number of children are experiencing backpack-related injuries. Both children and parents need to know that this kind of injury can be prevented by keeping some simple tips in mind when shopping for a new backpack.

Here are some Backpack tips:

Choose the right backpack – Choose a backpack that has wide cushioned straps, which will distribute the weight on shoulders evenly. In addition, a backpack with a waist strap helps stabilize the load by not allowing the pack to flop around. Look for symmetrical pockets so that items can be loaded and kept separate and at the same time remain in balance. It is important to distribute the weight evenly.

Make sure the fit is right – Make sure the backpack fits properly. The straps should not be so tight that the pack goes above the collar line and the pack should not be wider than the shoulders. It should also be adjusted tightly enough so that it does not hang more than four inches below the belt line.

Pack correctly – The weight of the loaded backpack should not be more than 10-15 percent of the body weight of the wearer, particularly with small children. Also, students should pack the heaviest objects first so that they are carried lower and closer to the body. Students should only be packing essential items and if needed, make frequent stops at a locker to exchange books.

Lift Correctly – Check the weight of the backpack. Face the backpack before picking it up. Bend at the knees and make sure to lift with the legs, not with the back. Put on one strap at a time.

Wear correctly – Use both straps and make sure they are snug. If there is a waist strap, use it. ***Don't sling the backpack over one shoulder.*** Messenger style bags, which get slung over one shoulder, should be rotated so that they're not being carried over the same shoulder all the time.

Parents should look for some of the following warning signs that a child's backpack may be causing a problem:

- **The child cannot take his backpack off or put it on without struggling**
- **The child has to lean forward to carry his bag**
- **The child has numbness or weakness in the arms and legs**
- **The child has one shoulder or hip that is higher than the other**

If you have any questions, please feel free to ask Dr. Paul if the backpack you've chosen is the correct one for your child or even yourself.

