



10 Tips For A Healthy Back

1. Exercise every day.
2. Eat healthy foods and drink lots of water.
3. When sitting and standing, keep your shoulders back and squared.
4. Stretch before and after sports.
5. Do not overload your backpack.
6. Stretch your legs and back after each hour of sitting, between classes is ideal.
7. Never cradle the phone (or anything else) between your head and shoulder.
8. Sleep on your back or side instead of your Stomach.
9. Get enough rest and sleep on a good pillow and a firm mattress.
10. Have a regular spinal check up.

The Back Page

Backpack Safety

Getting Back to School Can Be "Back Breaking" Work: Don't Let A Heavy Backpack Ruin Your Child's Day.

WHAT CAN YOU DO?

The Canadian Chiropractic Association, its Council on Occupational Health and your local Doctor of Chiropractic offer the following tips to help prevent the needless pain an over stuffed backpack can cause the student in your household. And now that backpacks have begun to replace briefcases in the work place, you too, might want to follow this advice:

- Make sure your child's backpack weighs **no more than 5-10% of their body weight**. A heavy backpack will cause your child to begin bending forward to support the weight on their back rather than on the shoulders, by the straps.
- A backpack with **individualized compartments** will help you position the contents most effectively and ensure that your child's sandwich isn't flattened by a heavy textbook.
- When packing the backpack, make sure that **pointy or bulky objects are packed away** from the area that will rest on the child's back. Uneven surface rubbing against the back could cause painful blisters.
- Tell your child to **use both shoulder straps**, not just one. A backpack slung over one shoulder

disproportionately shifts all of the weight to one side, and can cause not only neck and muscle spasms but also lower back pain.

- **Padded shoulder straps** are very important. Not only will they be more comfortable, but they will also help prevent the straps from digging into shoulders.
- Shoulder straps should be adjustable, so the **backpack can be fitted to your child's body**. Shoulder straps that are too loose can cause the backpack to dangle uncomfortably, and cause misalignment and pain.
- If the backpack is still too heavy, **talk with your child's teacher**. It might be possible to leave the heaviest books at school, and bring home only lighter handout materials or work books.

RECOMMENDED BACKPACKS



Ergonomic Backpack Websites to consider when recommending a school bag:
www.askargoworks.com, www.chiropak.com,
www.obusforme.com

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Office Hours:

Monday to Friday 9:00 am - 1:30 pm
 3:30 pm - 7:00 pm
 Saturday 9:00 am - 12:00 pm

Our Services Include:

Chiropractic, Acupuncture, Massage Therapy,
 Custom Foot Orthotics, Kinesiotaping

Massage Hours:

Monday 3:00 pm - 6:00 pm
 Tuesday 9:00 am - 7:00 pm
 Wednesday 9:00 am - 12:00 pm
 Saturday 9:00 am - 12:00 pm



Left: In June, our clinic donated our chiropractic services in exchange for a contribution towards charity. We gladly donated \$400 to AUTISM SPEAKS. For more info: www.autismspeaks.org

Right: CCH educates the local Rotary Club on HOW TO STAY YOUNG THE FIRST 100 YEARS.



Left: After one year as Rotary Club president, Dr. Chan turns over her position to Mr. Rob Slykhuis. Good luck Rob!

Right: Dr. Lee is the team chiropractor for the Mississauga Warriors Football Club – PeeWee and Bantam teams, 2006.



Left: Dr. Chan was presented a Paul Harris Fellow award by The Rotary Foundation of Rotary International.

Right: CCH offers community sponsorship to the Mississauga Raging Bulls - Adult Men's Soccer Club, 2006.



BackPack Safety Check

In **AUGUST**, bring any students in your household (ages 5-18) **ALONG** with their backpack for a “safety check” and a “back-to-school spinal check” for only **\$20**.

ALL PROCEEDS
will be donated to Pheasant Run Public School for school supplies!

Call Today! (905) 306 - 0220