

February 2011 Newsletter



Welcome to our February Newsletter!

Back to School!

Did you know Australian kids are at risk of **permanent** spinal damage because of improperly fitted and packed school backpacks? Adult back pain and spinal disorders may stem from childhood activities including carrying a heavily loaded backpack for twelve years or more of schooling. Many of the current bags children are using may be fashionable, but unless they allow for even distribution across the back, they can cause pain. School can be a challenging time for children, so ensuring they are as comfortable as possible is important to their physical and mental development. Chiropractic care has been proven to be effective, and can restore correct function and relieve pain symptoms associated with the carrying of heavy backpacks.



Top 5 Tips to Prevent Back Pain From Your Backpack:

1. Never carry more than 10% of your body weight.
2. Always wear your bag over both shoulders.
3. Pack heaviest items closest to your back.
4. Pack only what you need.
5. Buy a backpack that has a waist strap – and use it!

Complimentary Backpack Checks and Fittings!

Please call to book your child in with Dr. Kimberly to have their backpack fitted properly and make sure the backpack isn't causing unnecessary spinal stress.



Ever wonder why kids need to see a chiropractor?

Here are 10 important reasons:

1. To maximize their child's neural plasticity (brain and nerve development).
2. To enhance their child's overall health and wellbeing, including aches and pains.
3. To strengthen immunity and reduce the incidence of colds, ear-aches and general illness.
4. To help with colic and Irritable Baby Syndrome.
5. To help with asthma, breathing difficulties and allergies.
6. To improve spinal posture.
7. To improve their child's ability to concentrate.
8. To assist with behavioral disorders and enhance emotional wellbeing.
9. To help alleviate digestive problems.
10. To assist with bed-wetting and sleep issues.

Potential problems start with the trauma of birth, and include learning to sit, crawl and walk, as well as all of those bumps and falls as a toddler, emotional stresses of other school, other children and families.....almost like an adult!



Happy Valentine's Day!