

KunzChiropractic

BACK TO SCHOOL

Kids in School

AUGUST 2024



Kids have heavy backpacks which cause them to lean over to balance out the weight. This can cause spinal curvature which leads to lower and/or upper back pain. Other than backpacks, computers and ipads are widely used in schools in every grade. Hunching over to work can cause back pain, headaches, and neck pain. Adjustments can reduce or eliminate future problems and help ease pain.

The most common question I get when someone has an issue with their spine is "how did this happen?" Most of the time when this person is telling me the story of how the pain or problem has come about it usually isn't anything serious. The issue just started one day, and they didn't lift their car, fall down a mountain, or even worse have a bad sneezing attack! So, the explanation why the issue started goes something like this:

small stress or learned behaviors/postures that over time cause stress to build up.

We are going to dive into the learned behavior/ posture part of the issue. The examples of learned behavior are: how you sit in a chair, how you drive your car, use your phone, reading posture, gait cycle, sleeping position, lifting mechanics, and the list goes on. All of these have nerve pathways that when you perform the function become something you don't have to think about. My favorite way to think about nerve pathways becoming engrained is a walking trail through a meadow. The more times the trail is walked over the clearer the path. In The more times the posture is used the more likely it will repeat. When we are trying to retrain the spine for long lasting improvement some of the obstacles include fighting against learned behavior. Most of the time those walking trails have been used thousands of times and have led to a certain alignment to the spine. In order to make change it takes a relearning period and continuing education. This is why in the beginning of care the visits are more frequent and as we make change the visits can be spaced out further. To go along with that is the learned behavior may or may not be able to change. People struggle to change their sleeping habits because they like to get sleep in "their" comfortable position. Also, when you just want to sleep you will do almost anything no matter what the consequences are later. The same goes for many other learned behaviors and is a large reason why the timed adjustment to prevent stress build up becomes important to future success.

This month's recipient of our giving back campaign is The Mid America Council of Boy Scouts which is a favorite of Colleen S.

During the month of August all new patients will receive a full exam and any x-rays needed for \$55. All the proceeds will be donated to The Mid America Council of Boy Scouts. Please help spread the word so we can raise as much as possible.

Government funded insurance carriers not included.



MID-AMERICA COUNCIL, BSA
SERVING NEBRASKA, IOWA & SOUTH DAKOTA

Mission Statement

It is the mission of the Mid-America Council, Boy Scouts of America to prepare young people to make ethical and moral choices over their lifetimes by instilling in them the values of the Scout Oath and Law.



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