

August 2019



We are certainly having a Summer to remember. Hopefully you are still enjoying waking up to sunshine, it certainly makes you feel good.

The new school year is nearly upon us, I can hear some of you shout 'thank goodness'. Everything is ready, uniform, shoes, but have you given thought to the school bag?

Yes, it's what they really, really want!!

One thing that isn't high on the list is the weight your child carries around. That means we need to be checking our children for correct backpack fittings to ensure they aren't carrying TOO MUCH weight. A heavy and improper fitting backpack can lead to many future spinal problems.



Subtle trauma throughout childhood will affect the future development of the spine leading to impaired nervous system function. Any interference to the vital nerve system will adversely affect the body's ability to function at its best.

One of those stresses and "subtle" traumas that can affect the child's spine is the backpack.

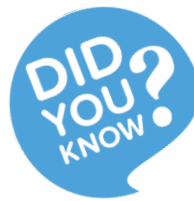
According to an international study, daily backpack carrying is a frequent cause of discomfort for school children. School backpacks were felt to be heavy by 79.1% of children, to cause fatigue by 65.7%, and to cause back pain by 46.1%.

NOTICE BOARD

The new dates are out for our health workshops. This is a great opportunity to learn how chiropractic care can help you **GET WELL** and **STAY WELL**. You will have the opportunity to ask any questions you may have and how we work at Oldham Chiropractic Clinic to help you achieve your best results for both new and existing guests.

- Monday 05th August (19:00)
- Wednesday 21st August (19:00)
- Saturday 31st August (13:00)

CHIROPRACTIC CORNER

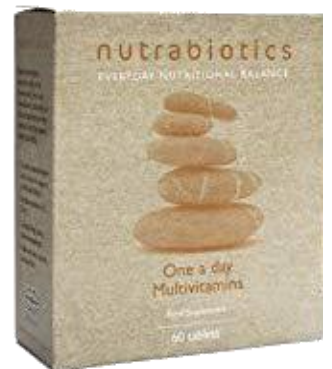


Do you know someone who would benefit from chiropractic care? Want to spread the message of chiropractic but don't know how? Oldham Chiropractic Clinic gives talks to our local businesses and sports communities twice a month. Let us know if you would like us to make a personal appearance at your workplace to assess your colleagues' posture and spread the joys of chiropractic within YOUR community.

PRODUCT OF THE MONTH

Nutrabiomics Multivitamin

One a day multivitamins that are specially formulated, natural and of a high purity. Containing the key ingredients to help maintain everyday general health and vitality, Nutrabiomics help you live a healthy and balanced life.



TEAM MEMBER OF THE MONTH

GEORGINA

We would like to congratulate Georgina on being part of the Oldham Chiropractic Team for 15 years.

Congratulations Georgina on this amazing achievement. We all really appreciate what you do.



Backpack Weight

Children should not carry a backpack that exceeds more than 5-10% of their body weight when packed. This golden rule goes for adults too. Overloaded packs can compress the spine unnaturally instead of depending on the back and abdominal muscles to carry the weight evenly across the spine.

Backpack Position

The backpack should not be carried any lower than the hollow of the lower back. Wearing it any lower will put more weight on your child's shoulders, also making them lean forward to accommodate the extra load.

Backpack Straps

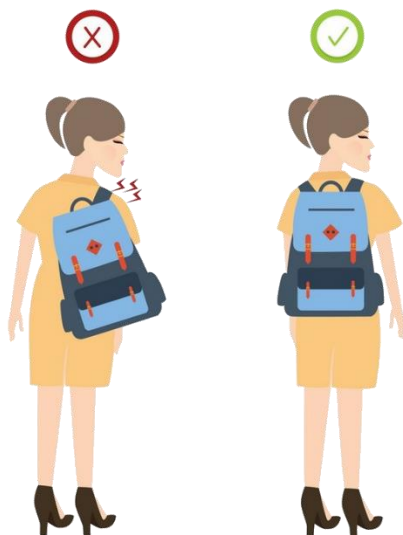
Choose a backpack with broad, padded shoulder straps. Thin and unpadded straps will cut into your child's shoulders. Always use both shoulder straps to prevent neck and muscle spasms and low back pain. Also use the waist straps if attached and always check the adjustment of the straps for proper fit as your child grows.

Backpack Size

The backpack should be appropriately sized – no wider than the child's chest. Keep away from the largest sized ones as it will encourage your child to put in more items.

Backpack Technique

Place all heavy items at the base of the pack, close to the spine, for a better distribution of the weight. Large and pointy items such as lunch boxes, pencils or rulers in the backpack should be placed away from your child's back. Look for a backpack with individualised compartments to help in positioning the contents most effectively.



Chiropractors are uniquely positioned to educate parents, teachers and students about spinal care through their five-year university training. They are skilled in the early detection of postural problems that are caused by poor carrying habits, ill-fitting backpacks or long periods on computers/gaming consoles.

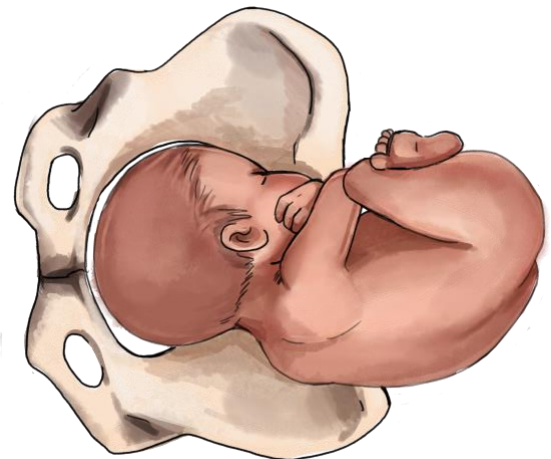
It is important to understand that the Doctor of Chiropractic does not treat conditions or diseases. The expertise of the chiropractor is in checking the child's spine for misalignments that impair nerve system function therefore affecting overall body function.

Since significant spinal trauma can occur at, or prior to birth, many parents elect to have their new-born's spine checked right after birth. Many developmental milestones such as learning to hold up the head, sitting upright, crawling, and walking are all activities that are affected by spinal alignment and are important times to have a child checked by a chiropractor. Additionally falls, sports injuries, playground bumps, heavy school bags and sitting all day in the classroom are all physical stresses to the growing child's spine and nervous system.

DO YOUR KIDS NEED CHIROPRACTIC CARE?

More and more parents are seeking chiropractic care for their children.

Chiropractic is based on the important relationship between the spine and the nervous system. One of the most basic ideas in chiropractic is that dysfunction in the spine and its joints can lead to dysfunction within the nervous system—and since the nervous system controls and coordinates all of the systems of the body, spinal dysfunction can have wide ranging effects on the body's health.



A child encounters many physical stresses during their growing years. The earliest challenge a growing spine faces is the position it is forced to adopt in utero. Many women will have heard of fetal positions that can cause problems with labour (brow, breech, transverse, posterior, asynclitic, etc.) What is less well known is that these fetal positions can also cause problems in the baby's spine as well.

Spinal segments can be pushed out of place or jammed by the position of the baby in the womb. If this position is less than optimal, it can result in a longer and more difficult trip through the birth canal, which can compound the spinal problems. In this way, even natural birthing methods can stress an infant's spine and nervous system—not to mention interventions such as induction, forceps, ventouse suction or caesarean section

The resulting irritation to the nerve system caused by spinal and cranial misalignment can be the cause of many new born health complaints. Colic, breathing problems, nursing difficulties, sleep disturbances, allergic reactions and chronic infections can often be traced to nerve system stress.