



# Spinalguy Chiropractic

## Relief & Wellness Newsletter

SEPTEMBER 1, 2017

DR. TOM KELLY

### Regular Hours

Mon 8am-12pm, 3pm-7pm  
Tue 3pm-7pm  
Wed 8am-12pm, 3pm-7pm  
Thu Closed  
Fri 8am-12pm, 3pm-6pm  
Sat (Some) 9am-12pm

### Summer Hours

**June July August**

Mon 8am-12pm, 3pm-7pm  
Tue 3pm-7pm  
Wed 8am-12pm, 3pm-7pm  
Thu 3pm-7pm  
Fri 8am-12pm  
Sat Closed

### Spinalguy Chiropractic

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### We're on the Web!

[www.spinalguy.com](http://www.spinalguy.com)

## Back to School – Backpack Safety For Your Children

The Alberta College and Association of Chiropractors has long been a huge proponent of backpack safety for children.

According to a study by the University of California, 61 per cent of school children analyzed had backpacks exceeding 10 per cent of their body weight. Those carrying the heaviest backpacks had a 50 per cent higher risk of back pain. This goes along with the fact that over 50 per cent of Canadian youth will suffer at least one back pain episode during their school years.

Choosing the right backpack, ensuring your child packs it light, and wears it the correct way, can go a long way in preventing them pain, both now and down the road.

### Choosing the right backpack

Upon entering the store, your child may flock to the [insert popular kids movie of the summer here] themed backpacks, but it's important to help them pick their backpack based on substance, not style.

When looking for a back pack you should look for the following things:

- Choose a bag made of lightweight material, such as vinyl or canvas.
- Pick a bag that has two wide, adjustable and padded shoulder straps, along with a hip or waist strap, a padded back and plenty of pockets.
- Ensure the bag is proportionate to body size and no larger than needed. The top of the pack should not extend higher than the top of the shoulder, and the bottom should not fall below the top of the hipbone.
- Explore other options like bags with wheels and a pull handle for easy rolling.

### Packing it with the right weight

The type of backpack your kids are using is key, but the weight your kids are putting in them is of equal importance.

The total weight of the pack should not exceed 10 to 15 per cent of the wearer's body weight. A typical 10-year-old boy's weight in Canada is estimated at around 50 lbs. A child this size should only be carrying around 7.5 lbs. maximum.

Also, keep in mind that the weight should be distributed within the pack evenly. It's a good idea to pack the heaviest items close to the body as this reduces the strain because the weight is closer to the body's own centre of gravity.

### Wearing it correctly

It's important to teach your child the proper way wear their backpack as well. Slings the backpack over one shoulder can cause stress on the joints and muscles in the mid and lower back. Both shoulder straps should always be used and adjusted so the pack fits snugly against the body. You should be able to slide a hand between the backpack and the wearer's back.

If you've bought a bag with a waist strap, ensure that they do it up as it reduces the strain on the back and transfers some of the load to the hips.

To ensure your child's back is healthy and strong, consult your chiropractor. They can teach you and your child how to pack, lift and carry a backpack properly to prevent injury.

By [ACAC Admin](#) | August 8th, 2016

## ***Did you know...***

- ***We offer laser therapy for soft tissue injuries involving shoulders, hips, knees, elbows or feet?***
- ***Hydromassage is massage therapy without the therapist. All you have to do is take off your shoes!***

***"The greatest discovery of any generation is that human beings can alter their lives by altering the attitudes of their minds."***

***~ Albert***

***Schweitzer***

## **Stay Out On The Dance Floor and Out Of Pain!**



Dance is a beautiful art form. The hallmark of a great dancer is one who incorporates fluidity and mobility into their movements. This also means a dancer is one who places tremendous stress on their body.

As of 2011, [35 per cent of Canadian children](#) aged three to seven were enrolled in organized dance. The [same study](#) says adult dance professionals spend an average of 17.7 hours in dance per week. Leisure adult participants say they devote 6.5 hours per week to their involvement in dance. It's easy to see how all this stress can accumulate for dancers. Here are some ways dancers of all ages can prevent injury.

### **Training outside of dance**

If you are a serious dancer, it's important to not just rely on dance for all your physical activity. Aerobic conditioning, muscular strength and muscular balance training are extremely helpful in preventing both acute and long-term repetitive stress dance related injuries. These kinds of training have been shown to not only increase dance performance, but also reduce incidence of injury. Research has shown dance ranks just behind football for how physically demanding it can be. If football players are vigorously training off of the field, it should be a no-brainer that dancers should be doing the same.

### **Don't over-do it**

Hockey season ends in June. Baseball season ends in late October. Dance has no off-season. This can be problematic, especially for young dancers who still have developing bodies with growing bones and joints. A common trap dancers young and old fall into is biting off more than they can chew. Most dance techniques use the same foot/ankle, hip, knee and back muscles. Dancing every day of the week and pushing the same muscles too hard for too long have the potential to lead to a repetitive strain injury.

Think of it this way, nobody goes to the gym and just works out their shoulders, arms or legs every day. If you did this, eventually, those muscles would weaken and you risk injuring yourself. The same line of thinking should go into planning your or your child's dance schedule.

### **If you've injured yourself dancing, see your chiropractor**

Your chiropractor has a great understanding of the difficulties related to specific movement patterns, as well as bone, joint, and soft tissue stresses that dancers typically perform. Your chiropractor can help with pain management and injury treatment and prevention in the future.

Dance is a great way to stay active. It's a great source of aerobic exercise (which strengthens your heart), it increases bone and muscle strength and is a great core workout, along with a host of other positive health benefits. If you or your child take the steps needed you can keep your bodies out on the dance floor and out of pain.

By [ACAC Admin](#) | November 29th, 2016 |

*If you wear  
out your  
body...*

*Where will  
you live?*



*“A person without a  
sense of humor is like a  
wagon without  
springs. It’s jolted by  
every pebble on the  
road.”*

*~ Henry Ward Beecher*

## **Paprika Chicken**

6 Tbsp plain yogurt  
3 cloves garlic, crushed  
3 Tbsp ground paprika  
2 tbsp olive oil  
1 tbsp hot chile paste  
1 pinch cayenne pepper  
1 whole chicken cut into 8 pieces  
salt  
¼ olive oil  
2 tbsp sherry vinegar  
1 tbsp ketchup  
1/8 tsp hot chile paste  
1 pinch paprika  
salt and pepper to tastes

- Whisk together yogurt, garlic, 3 tablespoons paprika, 2 tablespoons olive oil, 1 tablespoon hot chile paste, and cayenne pepper in a large bowl.
- Mix in chicken pieces and toss to evenly coat. Cover the bowl with plastic wrap and marinate in the refrigerator for 3 hours.
- Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
- Remove chicken from the bag and transfer to a plate or baking sheet lined with paper towels. Pat chicken pieces dry with more paper towels. Season with salt.
- Combine 1/4 cup olive oil, sherry vinegar, ketchup, 1/8 teaspoon hot chile paste, pinch paprika, salt, and pepper in a small bowl. Set aside.
- Grill chicken, skin-side down, on the preheated grill for 4 minutes with grill lid closed.
- Turn chicken and grill with lid closed until well-browned and meat is no longer pink in the center, about 6 minutes. An instant-read thermometer inserted into the thickest part of the thigh should read 180 degrees F (82 degrees C).
- Spoon sherry vinegar mixture over cooked chicken and serve.

