



Spinalguy Chiropractic

Relief & Wellness Newsletter

AUGUST 29, 2018

DR. TOM KELLY

Regular Hours (Nov thru April)

Mon 8am-12pm, 3pm-7pm

Tue 3pm-7pm

Wed 8am-12pm, 3pm-7pm

Thu Closed

Fri 8am-12pm, 3pm-6pm

Every other Sat 9am-12pm

Summer Hours (May thru Oct)

Mon 8am-12pm, 3pm-7pm

Tue 3pm-7pm

Wed 8am-12pm, 3pm-7pm

Thu Closed

Fri 8am-12pm

Sat Closed

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We're on the Web!
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Back Health Beyond the Classroom

Let's face it: the long hours spent sitting for class, hunched over a computer or bent over homework isn't good for anyone. Whether you're preparing your child for the new school year or you yourself are heading back to the classroom, there are some things you should keep in mind about two everyday items every student uses; backpacks and handheld devices.

Backpacks and messenger bags have often been at the centre of student health conversations since they can easily contribute to injuries. Carrying an overweight backpack unevenly or improperly can result in a number of different issues, including poor posture, joint pain, muscle strain and headaches.

And, while handheld devices have only joined the conversation on student health recently, they have just as significant an impact on spinal health. It's estimated that for every inch forward that you crane your neck, an additional 10 pounds of pressure is being applied to your neck. That adds up fast and can harm your spine in several ways, from hunched shoulders to poor posture and headaches.

As spinal and musculoskeletal system experts, chiropractors are acutely aware of how damaging this can be, especially on young, developing bodies.

Below is some information and chiropractor-approved ways you can plan ahead and respond to school demands through creating healthy lifelong habits.

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

Pack it Light, Wear it Right

- Choose a bag made of lightweight material such as vinyl or canvas
- Is the bag proportionate to the body size? The top of the pack should not extend higher than the top of the shoulder and the bottom shouldn't sit lower than the top of the hipbone.
- Pick a bag with two wide adjustable straps with padding on the shoulders and along the back. It should also have a hip or waist strap.
- The total weight of a pack should not exceed 10% of the wearers body weight.
- Pack the heaviest items close to the body and distribute the weight throughout the bag using the pockets.
- Make sure you are only packing things you will need that day.
- Try to always use both shoulder straps when wearing your bag
- Using the waist strap reduces strain on the back and transfers some of the load to the hips.
- Make sure the buckled waist strap sits level with your belly button.

Tech Neck

Alberta chiropractors are seeing a rise in strain injuries and poor posture due to the increase of digital device use. These strains and pains associated with texting and spending time on handheld devices has been dubbed tech neck. Thanks to our love of technology, this condition isn't going away anytime soon.

Why does tech neck matter?

Whether they're craning their neck looking over a textbook or scrolling thru facebook on their phones, children and adolescents are especially at risk for injuring themselves. It's estimated that for every inch forward that you crane your neck an additional 10 pounds of pressure is applied to your neck. That adds up fast and can harm your spine in a number of ways including neck pain, hunched shoulders and headaches.

There are things you can do!

- Try to limit screen time to an hour or two. If you need to be on a device for long periods of time take 15 minute breaks every hour.
- Maintain a correct posture by bringing the device up so it is eye level. Sit up straight with your chest out and shoulders back. If you must look down, tuck your chin into your neck instead of hanging your head forward.
- Balance screen time with activity. Exercise is a great way to neutralize the stress caused by poor posture.

If it hurts, see a chiropractor.

If you or your child already have recurring aches and pain, it is important to consult with a health care professional. Chiropractors are trained to assess, diagnosis and treat musculoskeletal health throughout the body; not just the spine.

Additionally, chiropractors are proficient at treating all age groups, including children, and can provide advice to help bodies of all ages function at their optimum level.

*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

Tips for School Lunches!

Bacteria that cause foodborne illness, commonly known as food poisoning, grow rapidly at temperatures between 40 and 140 degrees Fahrenheit. In just two hours, these microorganisms can multiply to dangerous levels, which can cause foodborne illness. To make sure lunches and snacks are safe for those you pack for, you should follow the four steps to food safety: Clean – Separate – Cook – and Chill.

Packing Tips

- If the lunch/snack contains perishable food items like luncheon meats, eggs, cheese, or yogurt, make sure to pack it with at least two cold sources. Harmful bacteria multiply rapidly so perishable food transported without an ice source won't stay safe long.
- Frozen juice boxes or water can also be used as freezer packs. Freeze these items overnight and use with at least one other freezer pack. By lunchtime, the liquids should be thawed and ready to drink.
- Pack lunches containing perishable food in an insulated lunchbox or soft-sided lunch bag. Perishable food can be unsafe to eat by lunchtime if packed in a paper bag.
- If packing a hot lunch, like soup, chili or stew, use an insulated container to keep it hot. Fill the container with boiling water, let stand for a few minutes, empty, and then put in the piping hot food. Tell children to keep the insulated container closed until lunchtime to keep the food hot - 140 °F or above.
- If packing a child's lunch the night before, parents should leave it in the refrigerator overnight. The meal will stay cold longer because everything will be refrigerator temperature when it is placed in the lunchbox.
- If you're responsible for packing snack for the team, troop, or group, keep perishable foods in a cooler with ice or cold packs until snack time. Pack snacks in individual bags or containers, rather than having children share food from one serving dish.

