



Hammerich CHIROPRACTIC Clinic

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DR. KARIN ADVISES

Check your child's backpack for proper fit

School is underway! It seems that heavy books and supplies are not going away anytime soon. Parents need to be informed on how to protect these young growing spines from injury. Attractive backpacks must fit appropriately. If not, they can create a significant amount of faulty spinal mechanics which may lead to altered spinal curves. Not only is the spine affected, but so are shoulders, hips and knees as the body compensates for poor posture.

The **size** of the backpack matters. Check that the bottom of the pack rests no more than 4 inches below the child's waist.

Adequate **shoulder pads** will protect from getting pins and needles in the neck, arms and hands.

Slings a backpack on one shoulder may be cool, but your child will lean to one side curving the spine.

Keep an eye on how much your child's backpack **weighs** by verifying

that only the necessary items are in it. It should not weigh more than 10% of your child's body weight. There are activity sheets available in the clinic with which they can calculate how much they carry.

Consider a backpack with wheels for the older child when books become more numerous and heavier.

Make learning about good backpack habits a family event by listening to:

[Click here to listen](#)

AFTER SCHOOL ACTIVITIES

**Signing up for sports
and other afterschool activities
is also in swing.**

**Inform yourself on
sports injuries here:**

[CLICK HERE TO WATCH](#)

**Don't take any injury lightly
because it can lead to further
injury down the road and
prolong recovery.**

Registered Psychotherapist

Robert MacLennan, MA, RP

Member of the College of
Registered Psychotherapists of Ontario

Fall Downers

As autumn approaches, the daylight shortens and the darkness lengthens, and many of us can begin to feel gloomy and down. This is called "seasonal affective disorder," which makes it sound abnormal. But what could be more normal than feeling gloomy when the life-giving energy of the sun is in short supply?

If something isn't going right in our lives at the time, the darkness may seem even darker. And if things haven't gone right in our past, the darkness may turn black. The extra hours of darkness can not only add to the feelings; they can multiply them. The result is more than the sum of its parts.

Instead of calling this a "disorder," psychotherapists recognize the multiplier effect of darkness in our present and past, and the possible exponential increase in distress. They are keen to hear all that is troubling you. They know reliable approaches to help you recover your own resources—and they can suggest additional resources—to help you bring back the daylight and let your own sunshine brighten your life.

*Robert can be contacted at the clinic:
416-769-8072*

**WORLD
SPINE
DAY****LOVE YOUR
SPINE**
WSD18

Following the global success of last year's World Spine Day, #LoveYourSpine has been announced as the theme of this year's global spinal health awareness campaign.

With an estimated one billion people worldwide suffering from back pain, it affects all age groups, from children to the elderly. It is the biggest single cause of disability on the planet, with one in four adults estimated to suffer from back pain during their lives. Prevention is therefore key and this year's World Spine Day will be encouraging people to take steps to be kind to their spines.

Watch this great video and get moving! **WATCH NOW!**

Download the **Straighten Up Canada App** on Google Play, Android App or Apple App.

ON OUR WEBSITE, YOU CAN...

Make an appointment**CLICK HERE TO BOOK****Watch helpful exercise videos****CLICK HERE TO WATCH**

RMT CORNER

The active child – growing pains or injury?

Sporting activities have started for our children. How can we tell if their complaints of joint and muscle aches and pains are a normal part of their development? Or perhaps this soreness is more than simple growing pains?

Growing pains affect between 25% to 40% of children and usually occur in early childhood and the pre-teen years. Discomfort and muscle tension in the thighs, calves or knees can occur especially towards the end of the day. These symptoms tend to come and go.

When a child is experiencing a growth spurt and is also very active, more stress is placed on the body because bones grow faster than muscles. The same injury mechanisms that cause muscle strains and tendonitis in adults can result in growth center injuries in children and teens. Tension in the muscle and tendon puts stress on the less resilient growth centers where they attach. In a very active child, the repetitive stress during a growth spurt can lead to inflammation, pain and overuse injuries. This happens most commonly at the knee, heel, hip and elbow. Symptoms will tend to worsen with activity and improve with rest, so this must be monitored.

Massage therapy, heat and gentle stretching can help to relieve some of the tension in the muscles and improve the symptoms of growing pains. These methods can effectively manage childhood injuries relating to the growth, development and stress on the body from frequent sports activities.

*Michelle, Wendy & Maria are here to help manage your active child's injuries.
Reach them at 416-769-8072*

Our RMT, Wendy Penketh, after taking a rigorous certification course, is trained to perform manual lymphatic drainage. She is available now for treatment and will be providing more information in upcoming newsletters. Wendy continues to provide CranioSacral Therapy. For more information on either speciality or to book an appointment, please call the clinic at 416-769-8072.

NEWSFLASH