



Casey Chiropractic

16 Wall Street
Colchester, CT 06415
(860) 537-2202
www.caseychiro.net

"Feel Better. Get Better. Live Better."

STAY CONNECTED



Monday - Friday: 9:00am - 6:00pm

For more information visit us at: caseychiro.net

[Request an Appointment](#)

Greetings!

As September approaches and the summer draws to an end, parents and kids alike prepare for the new school year. Amidst the back-to-school shopping and changes to daily routines, don't forget to prepare your child's body for the upcoming year. Children face increased stress and exposure to viruses and germs while at school. Studying and playing sports may even cause neck and back pain. Did you know chiropractic care can help? Children benefit from chiropractic care which helps support their nervous and immune system health. Not only does it help with ear infections, back pain and neck pain, but it also improves concentration, coordination, sleep, and overall immune system function. Children who are adjusted even see a 10% improvement in sports performance. Give your child the best start to their new school year with regular gentle chiropractic treatment!



Signs that your child's body may be *Out of Balance:*

- ✓ Slow recovery from illness
- ✓ Poor concentration
- ✓ Poor coordination
- ✓ Hyperactivity
- ✓ Poor sleep
- ✓ Sensitive to environmental noise

WellnessMedia

Condition of The Month: BACK to School!



Sending your children back to school can be such an exciting time for you and for

them. It's important at this time to remember not only your new schedules but also your health!

Back packs are a useful tool. They're necessary for your kids to carry their books and notes to and from school. They can also be a burden on your child's back. The average weight of a back pack for someone in the 6th grade is between 16-30lbs, while The American Academy of Pediatrics recommends that back packs weigh roughly 10% of the student's weight. Think about what all of that extra weight is doing to your child's back!

At such a young age, that extra stress can lead to chronic low back, neck, and shoulder pain. Also, for every inch you lean forward, you're adding roughly 10 pounds of weight to your body. A 50lb back pack becomes 60lbs as the child leans forward to support the weight. Think about not only what the extra weight but also the poor posture does to a young spine over a long period of time! Here are some important facts for you and your child to consider:

- Use both straps while wearing your back pack
- Find a back pack that's comfortable, and has lots of pockets to distribute the weight
- Drop off books at a locker during or at the end of the day, if available
- Carry an item in each hand to reduce the weight on your back

Keep these points in mind while shopping for new back packs and as your child packs their back pack in the morning. Just like academics, health starts at a young age. If your child starts to complain about their back or shoulders hurting from carrying their back pack, don't wait, get them to your chiropractor! Gentle and specific adjustments can help a child's health improve and avoid chronic conditions without the use of invasive methods. If you notice these signs in your children, or even yourself, call and schedule your appointment today!

Lastly, we wish all of those going back or sending their children back to school a good new academic year.

Don't forget to check out our [blog](#)!

Look For Us At These Events

Sundays 9 am to 1 pm: Colchester Farmer's Market on the town green

September 16: St. Andrew's Rhythm Run

September 23: Colchester 57 Fest

Take Care of Your Spine & Your Spine Will Take Care of You



Yours In Health,

Dr. Casey

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