



Oldham Chiropractic Clinic

August 2018 Newsletter

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

As a child begins to participate in regular childhood activities like skating or riding a bike, small yet significant spinal misalignments (subluxations) may occur. If neglected, the injuries during this period of rapid growth may lead to more serious problems later in life.

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.



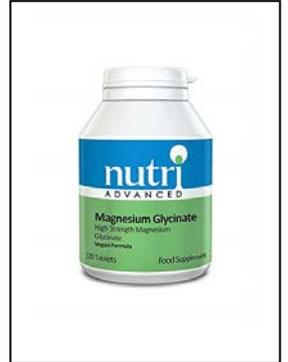
According to an international study, daily backpack carrying is a frequent cause of discomfort for school children. School backpacks were felt to be heavy by 79.1% of children, to cause fatigue by 65.7%, and to cause back pain by 46.1%.

Product of the Month

High strength magnesium in a well absorbed form designed to support muscle function, the nervous system, energy production, bones and teeth.

Magnesium as glycinate, is a highly absorbable form of magnesium.

Glycinate form is very gentle on the stomach.



Magnesium is a mineral that is essential for life and is found in every cell type in every organism. It is needed for hundreds of reactions within the body, including helping with energy production, reduction of tiredness, maintenance of normal muscle function, and keeping your bones and teeth healthy.

Magnesium as glycinate is a superior, highly absorbable form of magnesium, that is well tolerated especially by those with sensitive digestive systems. Provides 100mg of magnesium per tablet.

Poor soil and processing methods can mean that even those eating a balanced diet might not be getting as much magnesium as they need.



Team Member of the Month



Ciara McKeown

Team member of the month is the amazing Ciara!! For the second month Ciara has stepped up to cover shifts and is also covering 2 days at the Yanks screening

Don't forget to reserve a place for you and a friend at our Health Talk

Dates available at the front desk



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Do 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 foetal positions that can cause problems with labour (brow, breech, transverse, posterior, asynclitic, etc.) What is less well known is that these foetal 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 newborn health complaints. Colic, breathing problems, nursing difficulties, sleep disturbances, allergic reactions and chronic infections can often be traced to nerve system stress.

Back to School Check List

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 her 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.

STRAPS SHOULD BE ON BOTH SHOULDERS



WRONG

SHOULDERS SHOULD NOT BE ROUNDED SHOULDERS

TOO HEAVY



WRONG

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 mis-alignments 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 newborn'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.