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OPP FAMILY CHIROPRACTIC

Our Purpose is to share the **joy** in giving others the **energy** and **strength** to express the **passion** inside of them, so they can conquer their **life**.



Backpack Awareness

Dr. Brian Opp, D.C.

Most people think about back pain as only affecting adults but a new and disturbing trend is beginning to emerge. Our children are now suffering from back pain at a much earlier age than previous generations. One cause is the use of backpacks that are too heavy for everyday use. It was found that in the year 2000 there were 6,500 injuries due to the use of backpacks.

This new back pain trend is not surprising when you think about the amount of weight most children carry in their backpacks which they often sling over one shoulder. It is tough for parents to put into prospective the amount of weight their children are carrying but a study in Italy found that the average child carries a backpack that would feel like a 39-pound weight for a 176-pound man, or a 29 pound burden for a 132-pound woman. Of those children carrying heavy backpacks to school, 60 percent experienced back pain as a result.

Another problem is that when children sling a backpack over one shoulder it can exacerbate the curvature of the spine in scoliosis patients. It is

unknown whether or not the curvature returns to normal.

There are some simple things that parents can do to help prevent the needless pain that backpack misuse could cause the students in your household.

Make sure your child’s backpack weighs no more than 5 to 10 percent of his or her body weight. A heavier backpack will cause your child to bend forward in an attempt to support the weight on his or her back, rather than on the shoulders, by the straps.

The backpack should never hang more than four inches below the waistline. A backpack that hangs too low increases the weight on the shoulders, causing your child to lean forward when walking.

A backpack with individual compartments helps in positioning the contents most effectively. Make sure that pointy or bulky objects are packed away from the area that will rest on your child’s back.

Bigger is not necessarily better. The more room there is, the more your child will carry. Wear both shoulder straps. Carrying a backpack over one shoulder can cause neck pain and muscle spasms.

Get a backpack with wide, padded straps that can be adjusted to fit your child’s body.

If the backpack is still too heavy, talk to your child’s teacher to see if they could leave the heaviest books at school, and bring home lighter hand-out materials.

These simple tips will help your child reduce the risk of injury from using a backpack at school. Another way to decrease injury is by having your child checked out by a doctor of chiropractic. They are specially trained to evaluate whether or not your child’s spine is properly functioning, even in the absence of pain.



Choosing a healthy breakfast

Most parents understand the importance of feeding their kids breakfast for sustained energy throughout the school day. But you might have trouble getting children to eat a morning meal that's actually good for them. Don't fret – here are some ideas for healthy, nutrient packed breakfasts that are simple to create.

Chocolate Oatmeal – prepare ½ C oats with 1 C water or skim milk, stir in some coco powder, a little sugar, and a dash of vanilla extract and top with children's favorite fruit

Healthy Toaster Treat – cut a slit in a whole grain pita and toast it. Spread 2 T of natural butter (peanut, almond, soynut) on inside of pita and stuff with fresh fruit (banana, apple, grapes or strawberries)

Peanut Butter – Banana Waffle – spread 1 T of peanut butter on top of whole grain waffle and pile on sliced bananas. Drizzle 1t of pure maple syrup on top.

Ricotta Pineapple Waffle – mix together ¼ C part skim ricotta cheese with ¼ C crushed pineapple. Spread mixture over a whole grain waffle.

Protein Pancakes – in a blender put 5 egg whites and 1 whole egg with ¾ C of oats, dash of vanilla extract, dash of cinnamon blend. Cook as pancakes. You can top with peanut butter or just syrup

Protein smoothie – 8 oz of skim milk (or whatever milk replacement you use), 1 cup of frozen fruit (or fresh fruit with ice), 6 oz of your favorite greek yogurt, blend and serve. For a protein boost, add a scoop of protein powder.

Egg Muffin – Whip 2 egg whites with 1 whole egg, cook and top with cheese. Cook 2 pieces of turkey bacon or piece of Canadian bacon, place meat on top of egg and cheese. Toast whole grain English muffin, put egg and meat stack on muffin.

Remember that breakfast is the fuel that starts your day off right. Without it, it's like trying to drive your car when the gas tank is empty.

Ladies Night Out

Sponsored by Opp Family Chiropractic

Thursday October 10th 6:30pm-8:30pm

Come and pamper yourself while you get some great gift ideas!

We will be offering:
**Chair Massage, Mini Facials,
Makeup Applications, Mystery
Hostess, Snacks and
Giveaways!**

With shopping opportunities from:

- Jewelry
- Tastefully Simple
- Thirty-One
- Scentsy
- Tupperware
- Wild Tree
- KC Designs
- Norwex
- Pampered Chef
- Avon
- Amway
- Rodan + Fields
- Essential Oils

***Ho Ho Hold Your Weight Loss
Weigh in dates***

Nov18-22



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