



# Hammerich CHIROPRACTIC Clinic

363 Jane St. 416-769-8072 [www.drkarin4spine.com](http://www.drkarin4spine.com)

*Dr. Karin advises...*

## Pack it Light • Wear it Right

Kids think it's "cool" to strap on their backpacks and head out to school. But if they don't know how to **CHOOSE, LOAD, LIFT and WEAR** them – these all important accessories can be a pain in the back.... Literally....

**Choosing:** Go for a *light* vinyl or canvas. Pick a pack that has 2 *wide, adjustable, padded* shoulder straps, along with a *hip or waist strap, padded back and plenty of pockets*.

**Packing:** Make sure the child's pack *contains only what is needed for that day*, and that the weight is distributed equally throughout the pack. The total weight should be no more than *10% – 15 % of the wearer's body weight*. Pack heavy items close to the body, and odd shaped ones on the outside.



**Lifting:** Put the backpack on a *flat surface, at waist height*. Slip on the pack one shoulder at a time, and then adjust the straps to fit comfortably. Remember when lifting a backpack to *lift using the arms and legs and to bend at the knees*.

**Wearing:** Use **both** shoulder straps. You should be able to *slide your hand between the backpack and your child's back*. The waist strap should be worn for added stability.

If your child does complain of back pain, numbness or weakness in their arms or legs, see us to prevent future problems.

Adapted from <https://www.chiropractic.on.ca/health-tips>  
Visit here for lots of back saving health tips!

## Trouble making healthy lunches... consider a Bento Box strategy!

Bento boxes are fun, easy and ensure your children eat from various different food groups. Start with a protein like meat, cheese, eggs or beans. Then add a grain, some veggies, fruit and finish with healthy and delicious snack. Voilà...you're done! Be sure to choose healthy whole grains and low fat, low sugar snacks!

Read more about this idea at:

<http://www.todayparent.com/recipes/bento-box-lunch-ideas/>

Remember Dr. Erin is always available if you or your family requires more nutrition advice at 416-769-8072



## Research news on Back Pain

10 % of ALL disability world wide is caused by low back pain. It is the single leading cause of musculoskeletal problems (MSK). Neck pain is the 4<sup>th</sup> leading cause of disability. When low back pain and neck pain are combined, they are equal ONLY to ischemic heart disease as a leading cause of disability. The *Global Burden of Disease Report* found the incidence of back pain to be greater than tuberculosis, malaria, chronic obstructive pulmonary disease, diabetes and lung cancer combined!

The *World Report on Disability 2011*, WHO and World Bank report that the burden is away from communicable to non-communicable diseases (MSK). Back pain in the USA costs as much as Fort Knox!

[Link to extended article](#)

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The more money spent on back pain with medication and technology, the sicker the population has become.

[Click to watch the video link](#)

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The Bone and Joint Decade now supports World Spine Care.

[Click here to read](#)

*When are you going to care for your back and neck pain with regular chiropractic care? You will also be helping to reduce health care costs!*

## CLINIC NEWS

We are pleased to announce the services of Registered Nurse, Laura Valenza. She will be providing Holistic Home Based Nursing Care for diabetes education and management, and elder medication management, amongst other services.

Please contact Nurse Laura at 647-987-8678 (cell) or at [nurselauravalenza@gmail.com](mailto:nurselauravalenza@gmail.com) for further information.



## Two Ways of Being

Why do we do things we wish we wouldn't, and not do things we wish we would?

Humans have two "information processing systems" that don't always work together. One uses our capacity to **reason** and is fully conscious. The other uses our lessons from **experience** and is mostly non-conscious. Because it works beneath our awareness, experience can influence reason without our knowing it.

For example, if childhood has taught us that adults are angry or disapproving, we may unconsciously assume that people are annoyed or critical—even when they aren't! This can make us overly cautious and fill us with self-doubt. It can also stop us from achieving, or even attempting, things we'd like to do.

## Counselling

**Robert MacLennan, MA,  
Therapeutic Counselling**



Therapeutic counselling employs approaches, validated by neuroscience, to unlearn unhelpful lessons in our experiential system and teach helpful lessons to it. This can enable our two information-processing systems to work together beneficially. It can also enable us to try, and do, those things we'd really like to do, and to find more satisfaction in life.

[More on therapy approaches at www.drkarin4spine.com](http://www.drkarin4spine.com)

## Adjustment Stress and Acupuncture

Stress and anxiety can escalate when things are changing...this is called **adjustment stress**. Heading back to school can make children and teens anxious as they experience new interactions and expectations.

Stress causes a disruption in the flow of energy, *Qi*, through the body. Over time this continuous low level of stress can throw off the immune system, cause fatigue and depression and allows pathogens to affect the body.

Stress is often the cause of illness and deterioration of health.

### What can we do?

The longstanding benefits of acupuncture for stress are known. It works by improving the circulation of blood throughout the body, helping to distribute oxygen to the tissue while eliminating stress hormones. With the right combination of acupuncture points the body's energy can flow smoothly. This stable energy decreases heart rate, lowers blood pressure and relaxes the muscles. Try it for your children and you!

### RMT CORNER

## Dance injuries in children



The school year has just begun and parents will be signing their children up for a variety of after-school activities. Whether children take part in hip-hop or ballet, participation in dance promotes the physical and emotional well-being of your child. It instills in them the lifelong habit of exercise. However, too much activity can lead to injury.

Because children are growing and their bones are immature, they are more vulnerable to the development of overuse injuries, which can occur gradually over time. Overuse injuries affect muscles, ligaments, tendons, bones, and growth plates (areas of developing cartilage where bone growth occurs). Repetitive stress can lead to injury and can potentially disrupt the normal growth of the bone.

How do you recognize and prevent injuries that occur in sports? Common signs of overuse injury include pain, swelling, changes in form or technique and/or a decreased interest in taking part in the activity.

Incorporating massage therapy into your active child's schedule can help prevent these injuries. It decreases tension in muscles and addresses muscular imbalances. We also provide education in specific, safe and effective stretching exercises. If an injury does occur, the RMTs in the clinic help in rehabilitation.

Book a massage treatment for your active child with Michelle, Kathy or Maria today and keep them injury free! Call the clinic today at 416-769-8072.

## Hot Stone Massage



We are pleased to announce that **HOT STONE MASSAGE** is now available at the clinic with RMT Kathleen Madden!

Warmed lava stones are used in combination with Swedish massage techniques to encourage relaxation of both your muscles and mind!  
*60 minutes massage therapy and hot stones: \$120*

### A reminder:

Kathleen is available for house calls in the Bloor West/High Park area.

Do you know someone who could benefit from chiropractic care? We appreciate your referrals.