



Beach Chiropractic & Wellness Centre

Health | Lifestyle | Pain Management | Rehabilitation

Health Research

More than 50% of young people experience at least one episode of lower back pain by their teenage years. Research indicates that this could be caused, to a great extent, by improper use of backpacks. If your child complains of back pain or headaches, consider having him or her assessed by a chiropractor to prevent future problems.

New research suggests 60 to 75 minutes of daily moderate-intensity physical activity- such as brisk walking or cycling- is needed to combat the dangers of sitting 8 hours a day.

New research shows the longer you spend sitting, the longer you have to be physically active to avoid a higher mortality risk.

Backpack safety: Pack it Light, Wear it Right.

It's that time of year again when the kids are going back to school and parents are back to school shopping for clothes and back to school supplies such as backpacks. This is a good time to assess your child's back pack.

Backpacks can affect your child's health. The Ontario Chiropractic Association has a patient education program called Pack it Light, Wear it Right. This is a program designed to educate parents and kids on the right type of backpack to use, and how to wear it properly to prevent back pain in kids and teens. For more information, check out their website out at www.chiropractic.on.ca

Whether you are heading out on holiday with the kids or sending them off to school, chances are they'll be packing a backpack. Your child may be more concerned with the colour and the style of the backpack. But if they don't know exactly how to choose, load, lift and wear them--these all-important accessories can be a pain in the back. Literally. Not to mention the neck, head, and shoulders.

Carrying a heavy load that is unevenly or improperly distributed can result in a poor posture, and even distort the spinal column, throwing it out of alignment. This can cause muscle strain, headaches, back, neck and arm pain, and even nerve damage. For example, a heavy backpack, carried on one shoulder, forces the muscles and spine to compensate for the uneven weight. This places stress on the mid and lower back, and may increase the likelihood of back problems later in life.

Prevention is the key! Here are a few pointers to help you help your school-age children carry their loads comfortably and safely.

Choose the right backpack: Go for lightweight vinyl or canvas. Pick a pack that has two wide, adjustable, padded shoulder straps, along with a hip or waist strap, padded back and plenty of pockets. Make sure the pack fits properly, is not too snug around the arms and under the armpits, and that its size is proportionate to the wearer's body

Packing it properly: They're not moving out! Make sure your children's packs contain only what is needed for that day, and that the weight is distributed evenly. It's a good idea to know roughly what each item weighs. The total weight of the filled pack should be no more than 10 to 15 per cent of the wearer's own body weight. Pack heaviest objects close to the body, and place bumpy or odd shaped ones on the outside, away from the back. (Continued on Pg.2)

Putting the backpack on: It's a good idea to help young children with this, at least the first few times. Put the pack on a flat surface, at waist height. Slip on the pack, one shoulder at a time, then adjust the straps to fit comfortably. Remember when lifting a backpack—or anything—lift using the arms and legs and bend at the knees.

The right way to wear a backpack: Both shoulder straps should be used, and adjusted so that the pack fits snugly to the body, without dangling to the side. Backpacks should never be worn over just one shoulder. You should be able to slide your hand between the backpack and your child's back. The waist strap should also be worn for added stability.

By following these few simple tips, your kids will be less likely to end up with aches and pains from their backpacks.

Happy back to school time!

Lifestyle

How Hiking Changes Our Brain

While it may seem obvious that a good hike through a forest or up a mountain can cleanse your mind, body, and soul, several studies have concluded that hiking can actually change your brain for the better!

[Below are several highlights from studies that prove spending time in nature has several positive effects](#)

- Spending time in nature decreases rumination—obsessive, negative thoughts—that are associated with depression and anxiety. The study found that participants who hiked through a natural environment had reduced activity in the part of the brain related to mental illness.
- Creative problem solving can be drastically improved by both disconnecting from technology and reconnecting with nature. A four-day backpacking trip without the use of technology showed a 50% increase in problem-solving tasks and creative thinking. Both technology and urban noise are incredibly disruptive, constantly demanding our attention and preventing us from focusing, all of which can be taxing to our cognitive functions. A nice long hike without technology, can reduce mental fatigue, soothe the mind, and boost creative thinking.
- Hiking outdoors can improve ADHD in children. A study found that exposing children with ADHD to “green outdoor activities” reduces symptoms significantly. The results of this study suggest that nature exposure can benefit anyone who has a difficult time paying attention and/or exhibits impulsive behaviour.
- Hiking improves memory: a study found that aerobic exercise increases the part of the brain associated with spatial and episodic memory in women over the age of 70. Such exercise not only improves memory loss, but helps prevent it as well. Researchers also found that it can also reduce stress and anxiety, boost self-esteem, and release endorphins.

How Can You Begin To Start Hiking?

Luckily, hiking is one of the easiest and least expensive sports to get involved in, and it can have great benefits for the whole family, including grandma! Start out small and test your abilities. Do what works for you—if that means just walking through trails in a park, that's fine. Any exercise outdoors is better than none.

You can easily find maps of trails around your home online, use a smartphone app to map out trails or purchase hard copies. I recommend turning off your signal and your phone while hiking though, so you can reap the most benefits of the hike (though it may be wise to at least carry it with you in case of emergency).

Make sure you have some good sturdy hiking shoes, a hat, and a water bottle, and be sure to layer your clothing so you can take things on or off easily as you warm up and cool down. You may want to consider using trekking poles as well, which can increase your speed and take some of the pressure off your knees.

Pain Management &

Rehabilitation

Chiropractic and Massage Therapy Care for Children

Is it crazy to take your kids to a chiropractor or massage therapist? Why would you ever need to take your child to a chiropractor or massage therapist? The truth is, chiropractic and massage therapy care is very appropriate, safe and helpful for kids of every age.

Chiropractic

Birth, itself, can be very hard on a newborn's spine; great force is applied to the neck and skull which can cause abnormalities in spinal alignment and joint motion which are often associated with abnormal neck motion, wry neck, head and face asymmetries, fussiness, difficulty nursing, difficulty sleeping, and colic. As children grow, they begin to develop their spinal curves, postures, muscle strength and coordination. This is a time when kids are falling a lot, banging their heads and tripping, which can cause spinal and joint dysfunctions. After any sizeable tumble or crash, your child should be checked by your chiropractor.

Chiropractic care of the infant is very gentle, akin to light massage and tissue release as very little force is required to ease these spinal dysfunctions and relieve your little one's grumpy muscle and nerve tissues. Research has shown that 10-15% of children experience back pain. This is often overlooked by parents or may not even be mentioned by your child.

Pay attention to your child's posture and any complaints of back pain, neck pain or headaches. Ask your child to bend forward and touch the toes with the knees straight while you stand behind and watch the spine curve downward. If your child cannot reach the toes, or if there is any flattening of the spinal curve, humping of the ribs or side to side deviation when bending, have your child checked by a chiropractor.

Chiropractic is also effective in also treating more organic conditions like chronic ear infections, digestive problems, and incontinence and bed wetting since many of these occur because of spinal dysfunction. Slouching, excessive time in front of the computer or hand-held game, poor posture, heavy backpacks, sports injuries, falls and crashes are also common and they definitely take a toll on your child's spinal health. Chiropractic care can not only offset the effects of poor posture and inactivity, but also chiropractors are fully trained to treat your young athlete's sports injuries—from sprained ankles to strained rotator cuffs and everything in between. Professional athletes seek regular chiropractic care to optimize their performance and offset any injuries they develop. The positive effects of chiropractic care on the young athlete are just as powerful and important.

Massage Therapy

Massage therapy is an effective treatment for a variety of conditions that affect babies, children and teens. Perhaps the most notable positive effect from massage therapy is stress reduction. Controlling stress is crucial for children with diabetes, asthma, juvenile rheumatoid arthritis (JRA) and skin problems. As stress hormone levels rise, symptoms increase—in the case of diabetes and asthma, sometimes putting the child's life at risk. In research studies, massage has been shown to improve blood sugar levels in diabetics, improve pulmonary function in asthmatics, decrease JRA pain and improve skin condition in children with eczema.

The relationship between stress and the body can manifest as a lowered immune system, and massage helps to decrease stress and well as increase immune system cells. Preschoolers have shown better performance on tests of their intellectual and manual skills after a 15-minute massage. They also slept better during naps, were less likely to be overactive and had better behaviour ratings. For teens struggling with the growing pains of adolescence, massage helps to balance unstable hormones and can relieve anxiety by producing a state of relaxation. A supportive relationship with a massage therapist who gives them safe, unconditional touch can also increase their feelings of self-acceptance and self-confidence during these years.

Massage has proven equally effective for psychological and behavioural problems. Children with attention deficit hyperactivity disorder exhibited less hyperactivity and more on-task behaviour, and generally were happier, with regular massage treatments.

For autistic children, there was a decrease in touch sensitivity and disruptive behaviour, and increased ability to relate to their teachers. Adolescents suffering from bulimia had improved body image and decreased depression and anxiety, while teen psychiatric patients experienced improved sleep and clinical progress as well as decreased depression, anxiety and stress. Parents can give regular 10-15 minute massages to their babies and children and can learn via a number of resources online or by book. Teens respond well to a massage therapist and most children are covered under their parents' benefits.

Clinic News

Building Announcement

Move Announcement,
Beach Chiropractic is moving!!

We will be moving to the building on the southeast corner of Mosley St. and Sunnidale Rd., previously occupied by 'Petals and Thyme'. Very close to our current location. We are currently working on renovating the building and the move is anticipated for December 2016.



The new address is 1535 Mosley St., Wasaga Beach

Running Clinics Start Soon!



2016 Fall Learn to Run 5k Clinic
10 Week Session
Wednesday - 7:00 pm
Sept 14 to Nov 16, 2016
Early-Bird Registration - \$70
(By Friday, Sept 9, 2016)
Regular Registration - \$80

2016 Fall 10k Running Clinic
12 Week Session
Wednesday - 7:00 pm
August 31 - Nov 16, 2016
Early-Bird Registration - \$70
(By Friday August 26, 2016)
Regular Registration - \$80

**Returning
Runner
Discount -
10\$ off
Technical
Running Shirt -
\$10**

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Services

Chiropractic	Acupuncture
Massage Therapy	Orthotics
Nutrition	Reflexology
Laser Therapy	Running Clinics



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