

JOINT EFFORT NEWS

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Mind, Body and Soul

- ◆ Kids are either too young or too old to be left unsupervised.
- Carroll L. Lehman
- ◆ Those who achieve success never rely on excuses. And those who rely on excuses never achieve success.
- Unknown
- ◆ Children need more models than critics.
- Unknown
- ◆ Live as you wish your kids would.
- Unknown
- ◆ Hug your kids at home, belt them in the car.
- Unknown
- ◆ Seek joy in what you give, not in what you get.
- Unknown

Backpacks and Back Pain.

Is Your Child's Backpack Too Heavy?

By: Vincent Iannelli, M.D.

Is your child still carrying a heavy backpack? This can be a source of chronic, low-level trauma, and can cause chronic shoulder, neck and back pain.

Is carrying heavy backpack to school causing health problems for your kids? It might if they are carrying more than 10-20% of their body weight in their backpack, especially if they have to walk to school and/or they are carrying their backpack on only one shoulder.

- ◆ Does your child complain of back pain?
- ◆ Does he/she walk bent over sideways to try to adjust for the heavy load of a backpack?
- ◆ Does he complain of numbness and tingling in his arms or hands?
- ◆ Does he carry more than 10-20% of his/her body weight in his/her backpack?

If you answered yes to any or all of these questions, you might want to take some steps to minimize the chances that carrying a backpack will cause your child's back pain or other health problems, including:

- ◆ Limiting the weight your child carries in a backpack to 10-20% of his/her body weight.
Example: 60 lb. child should only carry a backpack weighing 6-12 lb. maximum.
- ◆ Buying a backpack that has wide, padded shoulder straps and a waste belt.
- ◆ Encourage your child to wear his/her backpack over both shoulders.
- ◆ Consider using a backpack with wheels.
- ◆ Have your child evaluated by a physical therapist here at Joint Effort Physical Therapy.

Joint Effort has a specialized spine program that is here to help. If you or anyone you know is suffering from back pain, we can help.

Contact us at:

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What's going on at the Joint

- Joint Effort is in the process of designing a website and we would like your input. We value your opinion and suggestions. In order to better serve your needs, give us a call, write us a quick note, or fax us what you would like to see on our website. Fax 533-1319
- Last month we asked you to contact us regarding patients that you have referred to Joint Effort, for a gift certificate drawing. This month's winner comes from our South office. **Congratulations Chris Moore!** You have won a gift certificate to Chili's Restaurant. Keep those referrals coming, and be sure to let us know. You may be our next winner.