

## Back To School? School Your Back!

**N**ow that the kids are back to class, it's time to think about how you can help them keep their backs healthy while at school.

Let's start with those backpacks:

- Check that the pack weighs no more than 15 percent of your child's body weight. If it is heavier, they'll lean forward to carry the full weight on their backs and shoulders, instead of having it evenly distributed.
- Purchase a backpack with wide, padded shoulder straps, and preferably a waist strap. Make sure they wear both shoulder straps. Slinging the pack on one side can cause joint and muscle strain in the neck and lower back areas.
- Adjust your child's shoulder and waist strap (if they have one) so that the pack fits snugly to the body and doesn't dangle loosely to one side.

Good posture starts at home, while doing homework, chores, and at play. Teach your children well and these tips will stay with them for life:

- Remind them to sit up tall, resting their backs against the back of their seats.
- Teach them some simple warm-up and cool-down exercises to use before and after any sports, and to stretch after sitting.



- Show them how to lift heavy objects – like gym equipment, heavy back packs, and their friends – properly by squatting down, holding the object close, and using leg and arm muscles to do the lifting.

Last but not least, help your kids take care of their bodies every day with:

- Well-balanced meals including 2 to 4 servings of milk, dairy products, or other calcium rich foods to promote strong and healthy bone growth.
- Eight glasses of water a day (five glasses for those under 12).
- Plenty of physical activity.
- A good night's sleep.

### **Yogurt: An immune system booster**

There are certain nutrients that are known to be immune boosters which is important during the cold/flu season. You might be surprised that yogurt can also aid in keeping your immune system functioning at full throttle.

Yogurt that isn't pasteurized contains *Lactobacillus acidophilus*. This is a healthy bacteria that fights off fungus-related infections.

You can also take acidophilus in supplement form of 20mg twice daily. It works by preventing overgrowth of fungi that shouldn't be able to grow in your body.

# Rake Without The Ache



It's that time of the year again...as we clean up our gardens and prepare for the cooler months ahead, raking the leaves and planting is always on to-do-list. While those little leaves look so innocent on the ground, the process of raking, piling and bagging them can be strenuous on your low back and shoulders. This is especially true if you have had a previous or recurrent back injury! Here are a few tips to keep your back in good condition while taking care of all the yard duties this fall.

- Do a thorough warm up before you start yard work. Stretching the major muscle groups in the legs, arms and low back are important for increasing mobility may prevent injuries. Remember to stretch gently without bouncing, jerking or straining.
- Ease the strain on your back while raking by put-

ting one leg in front, the other behind. Switch legs and hands frequently.

- When bending forward to plant use a kneeling mat to reduce the strain while you plant and weed. Keep your back straight and take breaks frequently.
- When lifting make sure that your back is straight and always bend your knees. Carry the load close to your body and **avoid heavy lifting immediately after bending or kneeling.**
- Check your body position often and change up the tasks frequently. For instance, if you have been bent over the garden weeding for 20-30 minutes, change up your tasks so you are standing for 20-30 minutes. Don't forget to sit and relax as well!

If you have over extended yourself in the garden and are experiencing back pain that lasts more than two or three days, call our office for an evaluation...snow shoveling is only weeks away! ☺

## Back To Health Welcomes Tasha Hughes, RMT.

I cannot express enough how happy I am to have joined the therapeutic team at Back to Health. What an incredibly positive and conscientious staff and environment!

I have been in clinical practice as a registered massage therapist for 11 years. I have augmented my understanding of the body, its response to injury as well as optimal paths to recovery through work as a fitness coach and personal trainer, assisting people to achieve athletic, rehabilitation and weight loss goals. Through independent research at the University of Waterloo, I have studied the neurophysiological effects of meditation and how that relates to recovery and pain management.

I have had quick results and long-term success in treating athletic and repeat-use injuries, stress and posture-related migraine and tension headaches, temporomandibular-joint pain due to extended dental work, as well as acute and chronic low back pain. I have a special focus in my practice for expectant mothers, treatment given on a specialty table with removable breast plugs and a belly sling, allowing the mother-to-be to safely lay face down up to the day of delivery.

I also love a good puzzle, so I welcome all manner of strange and unusual cases!

I look forward to meeting you and hope I can be of service.

Joyfully,

Tasha Hughes RMT



### ***Did you know? ...***

*The Workplace Safety & Insurance Board (WSIB) in Ontario recognizes chiropractic as an effective treatment for work-related back injuries. If you are injured at work, the cost of chiropractic care is covered.*



## **Pregnancy and Post-Partum Massage**

Tasha Hughes, RMT

**A**h, the joys of pregnancy...the anticipation of meeting your little one, the dreams you have about your life as a family ... and the number of strange and not so wonderful symptoms that nobody has really ever prepared you for. Pregnancy and post-partum massage in many ways are similar to athletic massage; preparation for, and recovery from, a monumental physical and emotional event. Having supported women during this incredible time of life for the last 8-years, I can honestly say that no two pregnancies are alike, even by the same mother. Having trained with Suzanne Yates of WellMother in the UK, I have a number of methods of alleviating a woman's discomfort, including treatment on the specialty table, as well as on floor mats and/or stability balls during the final days and hours (if necessary).

The focus of massage during the first and second trimester is really on addressing any pre-existing areas of chronic tension in the body. For example, neck and shoulder tension left untreated can become aggravated by the sometimes arduous experience of labour. Forearm tension, commonly caused by computer-related work, can impair the mother's ability to hold her baby comfortably during feeding.

During the third trimester, massage therapy is focused primarily on easing any pain, commonly experienced in the low back, across the bra-line, in the neck as well as the calves. The purpose of post-partum massage is two-fold; to provide Mom with some much-needed time for self-care, as well as to address any areas of dysfunction which may have arisen as a result of the birth or mothering experience.

Hopefully you are enjoying the wonders of the pregnancy. Please call if you need me!



# The "Back" Page

## Health Quiz - How well do you know your body?

Which trick has been shown scientifically to help you eat less at a meal?

- a) Eating a lot at your previous meal
- b) Eating fat at the start of the meal
- c) Duct Tape
- d) Drinking a non-diet soft drink before your meal

Which of the following is most important when training with weights?

- a) That you do enough repetitions so the your muscles fatigue
- b) That you use exercise machines
- c) That you have a good view of the mirror.
- d) That you follow the form of other people at the gym.



### Pumpkin Pie Pancakes

- 1 1/2 cups unbleached all purpose flour
- 3 Tbsp sugar
- 1 Tbsp baking powder
- 1/2 tsp salt
- 1/4 tsp pumpkin pie spice
- 1 1/4 cup soy milk
- 1/3 canned pumpkin
- 1 Tbsp corn oil

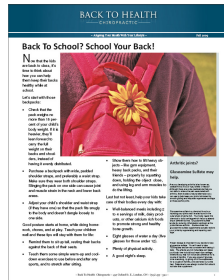
Combine first 5 ingredients in a large bowl. In a blender combine remaining ingredients. Pour wet ingredients into the dry mixing with a few swift strokes until just combined. Heat a lightly oiled non stick skillet over medium heat. Ladle about 3 tbsp of batter into skillet and cook on one side until bubbles appear on top, then flip until other side is lightly browned.

### Your Newsletter

We hope that you find our newsletter informative.

Lets us know if you have any ideas for a future edition, or if you have a photo you'd like us to consider using.

Email us at [info@backtohealthchiro1.com](mailto:info@backtohealthchiro1.com)



### QUIZ ANSWERS:

- 1) B. Eating a little fat first at the start of every meal slows your stomach from emptying; you feel full sooner and stay full longer, so you don't eat as much.
- 2) A. It's only when your muscles are fatiguing that you are actually building strength in the muscles rather than just increasing their stamina.

### Our Team:



Dr. Jim Harvey  
Chiropractor



Shawn Chapin  
RMT



Debbie  
Admin



Dr. Shawna Green  
Chiropractor



Tasha Hughes  
RMT



Penny  
Admin

### Our Services:

- Chiropractic
- Massage Therapy
- Laser Therapy
- Acupuncture
- Orthotics
- Rehabilitation
- Assessments
- Reflexology

### Back To Health

~ Aligning your health with your lifestyle ~

Call **519-455-3312** for an appointment.  
Visit us on the web:

[www.backtohealthchiro1.com](http://www.backtohealthchiro1.com)

Monday	9:00pm – 12:00pm	2:00pm – 8:00pm
Tuesday	Open for Massage Therapy	
Wednesday	8:00am – 12:00pm	2:00pm – 6:00pm
Thursday	closed	2:00pm – 8:00pm
Friday	8:00am – 12:00pm	closed
Saturday	9:00am – 12:00pm	closed
Sunday	closed	closed

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