

220 S. Business Park Drive Unit A4
Oostburg, WI 53070
(920) 564-6061
www.lakelandchiro.net



LAKELAND
CHIROPRACTIC

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Get your spine and
nervous system checked today!

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Back to School Chiropractic Checkup

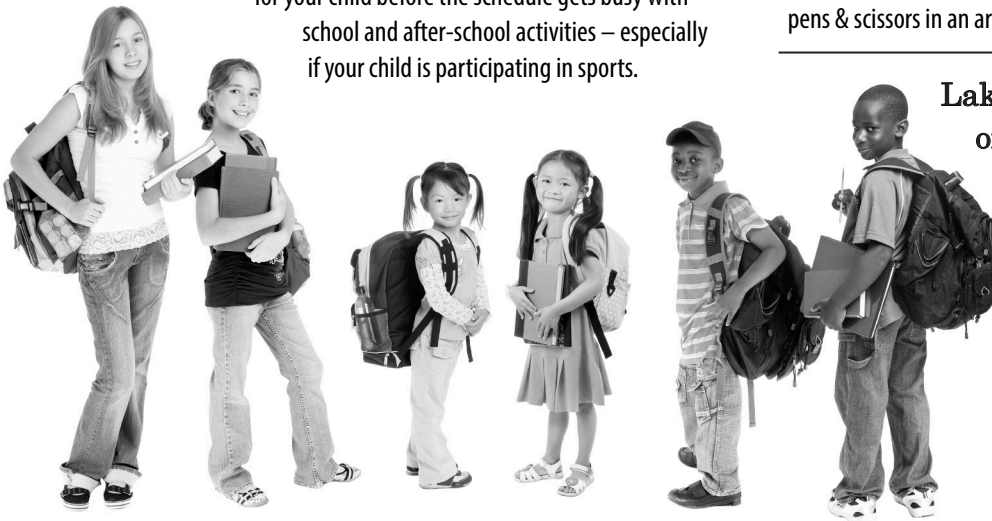
Summers for most children are filled with fun, active outdoor activities like swimming, bike riding, baseball and hiking or camping. With activity comes bumps, bruises, falls, sprains and strains. Everyday childhood injuries often seem minor and can go unreported to parents during a summer vacation of hard activity.

What if your child had experienced a seemingly minor injury with serious long-term consequences if left undetected? Maintaining proper function of the nervous system, spine & symmetry of the body is absolutely crucial during the growing years... the nervous system is in control of your child's amazing growth & development. Detecting and correcting misalignments of the spine can allow your child to express their true potential.

How would you know if your child's spine was out of alignment? Most pre-existing conditions never produce pain or symptoms. Did you know that there are approximately 15 billion nerve cells in the body exchanging 650 million messages per minute with the brain? It has been estimated that less than ten percent of our nerve cells are actually capable of producing pain signals. In other words – often times our bodies are not able to sense pain until it's too late.

Don't let pain & symptoms be the only thing that prompts a proper checkup for your family - prevention and proactive measures are safer and more effective than reactively addressing health conditions once it's too late.

Chiropractic examination of the spine and frame of the body can be effective at detecting conditions caused by everyday childhood activity. A wise decision is to provide a thorough back to school chiropractic examination for your child before the schedule gets busy with school and after-school activities – especially if your child is participating in sports.



Give your kids the opportunity to grow & develop at their fullest potential by letting a doctor conduct a routine chiropractic examination of the head, neck, back and frame.

Backpacks: A safe, healthy setup

Backpacks that are too heavy and not adjusted properly can cause growing frames to suffer backaches, joint pain, headaches or muscle strains. Unfortunately, many children grow into young adults experiencing the same problems and may suffer unnecessarily.

A simple formula is to weigh your child and then weigh his or her backpack at its normal everyday weight (including lunch, books, supplies). A child's everyday backpack should weigh no more than 10-15% of total body weight.

Not only can heavy backpacks put dangerous stress on growing frames, they can also be responsible for emergency room visits associated with tripping, falling and injuries to the head, face, hands and wrists.

Selecting an Ergonomic Backpack

Make sure the bag has **two shoulder straps**. Bags with one strap such as duffel bags or satchels place 100% of the weight on only one side of the body. Two straps balance the load onto both shoulders and help maintain body symmetry.

Wide, padded straps distribute weight over more area of the shoulders. When the straps are at least 2" wide and padded, it helps distribute the weight evenly and eliminate pressure points.

Waist straps help to direct the load away from the shoulders to stronger muscle groups in the waist & hips. Lowering a portion of the load helps remove direct stress to the spine.

Multiple Compartments help stabilize what's in your backpack, helping to prevent shifting loads. Shifting stress on the spine can catch the body off-guard and be dangerous. Also, make sure to load sharp objects like pens & scissors in an area of the backpack away from the body.

Lakeland Chiropractic will be offering free backpack check/spinal screenings from August 22–September 18th during our normal business hours.

Call (920) 564-6061 today to schedule this complimentary appointment for your children.