



LAKELAND CHIROPRACTIC

▪ LIFETIME FAMILY WELLNESS ▪

Chiropractors Offer Backpack Safety Checklist

The August 04, 2005 Business Wire ran story about backpack safety and chiropractic.

Dr. Kassie Donoghue, president of the California Chiropractic Association (CCA) states, "As the mother of an elementary school aged child, I know the pressure that comes from kids who want a certain cartoon character or color. As a doctor, I want to do what's most important for my child's long term health." She continued, "Before going out to buy a backpack, it's helpful to talk to your kids about the type of backpack you want to buy. By following a few simple guidelines, you can help your child choose a backpack they like and avoid serious back problems."

When choosing a backpack for your child the CCA made some simple suggestions to look for. They include:

- Padded shoulder straps
- Padded back
- Lumbar support
- Waist belt
- Multiple compartments
- Correct size

"This is an important issue for doctors of chiropractic because we focus on wellness and preventative care," said Dr. Donoghue. "Our job is to help prevent health problems and that's why doctors of chiropractic are so concerned about children carrying backpacks that don't fit well or that are too heavy."

Dr. John Maltby, President of the International Chiropractors Association added, "Nothing is more important than the health and proper function of a child's nervous system. The spine houses a major part of the nervous system, the spinal cord. A healthy spine free of subluxations is essential for nervous system function. Backpacks when carried improperly, or overloaded can be a major form of stress on a young developing spine, create subluxations, and can have serious effects on nerve system function and general health."

** Who do you know that could benefit from Chiropractic Care? **

SHARE WITH FRIENDS, FAMILY, AND CO-WORKERS

▪ LAKELAND CHIROPRACTIC IS DEDICATED TO SERVING THE COMMUNITY THROUGH CONSERVATIVE CARE AND PATIENT EDUCATION ▪

220 South Business Park Drive Unit A-4 Oostburg, WI 53070 **phone** 920.564.6061 **fax** 920.564.6081