

FALL UPDATE

BACK TO SCHOOL

HOW DOES YOUR CHILD'S BACKPACK WEIGH IN?

It's that time of year again. The children are heading back to school and that means stocking up on supplies. But amongst all the pencils and notebooks, arguably the most important item your child needs is the right backpack.

Increasingly, children are suffering from back pain at an earlier age, and at least part of the problem is improper utilization of backpacks. Children are habitually carrying backpacks with loads that exceed 20% of their body weight – well above the recommended weight. In an attempt to compensate for this load, postural deviations occur in the neck and trunk, rendering the body more vulnerable to fatigue and injury, such as: muscle spasms; neck, shoulder, and back pain; and neurological dysfunction. Factors in addition to excessive load that contribute to these issues include: inappropriate carrying methods (i.e. using only one shoulder strap), poor position of the load, and poor load distribution.

Some backpack safety tips that can help reduce the stress on your body are listed to the right.



BACKPACK SAFETY TIPS

- Choose a pack that is proportional in size to the wearer
- Reduce weight on the shoulders by ensuring the backpack does not hang more than *four* inches below the waistline
- Choose a pack with wide, padded, adjustable shoulder straps; a waist strap is also beneficial
- Use *both* shoulder straps, and waist strap to help distribute load
- Pack heavier objects closest to the body & odd shaped objects away from the back, using multiple compartments to allow better load distribution
- Pack only essential items to ensure the load does not exceed 10% of the wearer's body weight

It is never normal for you or your child to experience pain. Early detection and treatment of spinal or other health-related problems can help prevent progression of these problems and/or future incidences.

CUSTOM FOOT ORTHOTICS

FOOT FACTS

Your feet directly impact the rest of your body and support you with each step. The average person takes 8,000 to 10,000 steps per day, which is approximately 115,000 miles (>4x the earth's circumference) in a lifetime! Running increases the pressure on your feet to 3-4x your body weight. Ankle, knee, hip, and back pain can all result from abnormal foot function or ill-fitting shoes! More than 75% of people will experience foot problems at some point in their life.



ORTHOTICS

Orthotics are biomechanical appliances custom made for your specific foot imbalance(s). They fit inside your shoe as a comfortable insole and are designed to properly align your feet, thereby reducing strain on the remainder of your body. They can be designed in a variety of styles to fit your lifestyle needs, whether for dress shoes, casual office wear, athletics, or safety shoes!

The Orthotic Group also offers several lines of quality brand name footwear to complement your orthotics. View their online catalogue here: [TOG Footwear Catalogue](#)

For more information about Custom Foot Orthotics, visit: [The Orthotic Group](#)

Orthotics can help with various conditions, including:

- Plantar Fasciitis
- Pes Planus (Flat Feet)
- Metatarsalgia & Morton's Neuroma
- Bunions
- Knee, Hip, Low Back Pain



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[The Orthotic Group](#)

THANKSGIVING!

HEALTHY HOLIDAY EATING TIPS

With Thanksgiving fast approaching, here are some ideas to help cut calories and avoid adding extra pounds over the holiday:

- Do not go to dinner hungry! Eat breakfast and lunch to *avoid over-eating* at dinner.
- *Portion control:* choose smaller portion sizes so you can sample different foods. Fill half your plate with vegetables, ¼ with lean meat, and the remaining with a starch of your choice to ensure a well-balanced meal.
- Turkey!
 - *Choose skinless white meat*, which has fewer calories and less fat than dark meat.
 - Trim any visible fat.
 - *Use olive oil* and fresh herbs, such as sage, rosemary, and thyme when cooking instead of butter.
- Do not stuff the turkey with the dressing as this causes it to absorb much of the fat. Instead *bake the dressing in a separate casserole dish*.
- Drink plenty of calorie free *water* to fill up your stomach and keep you hydrated.



Herb Roasted Turkey

HERB ROASTED TURKEY

INGREDIENTS:

- 1 turkey (about 12 pounds), thawed if frozen, rinsed and patted dry
- 1/2 cup chopped parsley
- 1 tablespoon chopped fresh rosemary plus 3 sprigs
- 1 tablespoon chopped fresh sage leaves
- 1 1/2 teaspoons chopped fresh thyme leaves
- 8 cloves garlic, finely chopped (3 tablespoons)
- 5 tablespoons olive oil
- Coarse salt and ground pepper
- 2 lemons, poked all over with a fork
- 1 quart apple cider

DIRECTIONS:

- Preheat oven to 350 degrees with rack in lowest position. Remove packet of giblets and neck from cavity. Discard liver. Rinse remaining giblets and neck; refrigerate until ready to make broth.

DIRECTIONS (CON'T):

- Turn turkey on its back and bend wing tips forward and underneath neck cavity of bird so they stay in place (you may have to break the bones).
- In a small bowl, combine parsley, rosemary, sage, thyme, garlic, 4 tablespoons oil, 1 teaspoon salt, and 1/2 teaspoon pepper. Using your fingers, carefully loosen skin of breast and around thighs and rub herb mixture under skin of both.
- Season cavity with salt and pepper and loosely fill with lemons and rosemary sprigs. Using cotton kitchen twine, tie legs together so bird retains its shape and moisture during cooking.
- Pour cider in bottom of pan. Set roasting rack on top. Lift turkey onto rack, breast side up; rub with remaining tablespoon oil; season generously with salt and pepper. Tent turkey loosely with foil. Roast 1 hour. Uncover and continue to roast, basting frequently with pan juices, until an instant read thermometer inserted into thickest part of thigh (avoiding bone) registers 170 degrees, 2 1/2 to 3 hours more. (Temperature will rise about 10 degrees as turkey rests.) Tent with foil if browning too quickly; add water if pan becomes dry. Cover loosely with foil, and let stand 30 minutes before carving. Serve with roasted vegetables.



TRICK OR TREAT! TIPS FOR A SAFE HALLOWEEN

As we head into fall, Halloween will be right around the corner. Here are some simple tips to ensure your child has a safe and happy Halloween!

COSTUMES:

- Choose flame retardant material and apply reflective tape for better visibility
- Keep length short enough to avoid tripping
- Use face paint instead of masks for better visibility
- Carry a flashlight
- Dress appropriately for the weather

TRICK OR TREATING:

- Children should always be accompanied by an adult
- Travel in groups in familiar neighbourhoods, only stopping at well lit homes
- NEVER enter a home
- Cross streets at intersections and crosswalks
- Carefully inspect candy before consuming



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