

# MCKENZIE LAKE CHIROPRACTIC & MASSAGE THERAPY

## WHAT'S HAPPENING?

## SEPTEMBER 2018



Thank you to everyone who submitted a Google Review in the month of August! The draw was held on Sept 4<sup>th</sup>, and we contacted the winner of the FREE 1-Hour Massage! Congratulations to our winner!

If you haven't had a chance we still want to hear from you, so please head over to Google and leave us a Review!

### PACK IT LIGHT, WEAR IT RIGHT!

More than 50% of people experience at least one episode of lower back pain by their teen years. In many of these cases, a backpack may be to blame. Carrying an overweight load unevenly or improperly can result in poor posture, joint pain, muscle strain and headaches.

Alberta's Chiropractors are proud to provide you with these easy tips to make sure your pack doesn't become a pain in the back.

- 1. PICK IT RIGHT:** Choose a bag made of lightweight material like vinyl or canvas. Is the bag proportionate to body size? The top of the pack should not extend higher than the top of the shoulder and the bottom shouldn't fall below the top of the hipbone. Pick a bag with 2 wide adjustable straps with padding on the shoulders and along the back.
- 2. PACK IT LIGHT:** The total weight of a pack shouldn't exceed 10% of the wearers body weight. Pack the heaviest items closest to the body by using the pockets. Make sure you're only packing things you will need that day.
- 3. WEAR IT RIGHT:** Try to always use both shoulder straps when carrying your bag. Using the waist strap reduces strain on the back and transfers some of the load to the hips. Make sure the buckled waist strap sits level with your belly button (or close to).

If you or your child are experiencing neck, back, muscle or joint pain, please make an appointment to see Dr. David.

See the next page for tips on how to prevent #TechNeck.



#### **CLINIC HOURS:**

**MON:** 10-12 & 3-7  
**TUES:** 9-12 & 3-7  
**WED:** 10-12 & 3-7  
**THUR:** 7-12 & 3-7  
**FRI:** 10-12 & 3-6  
**SAT:** 9 am – 1 pm  
Massage  
Chiro: 9 am – 1 pm  
(Saturday Sept 8 & 29)  
**SUN:** 9 am – 1 pm  
Massage only

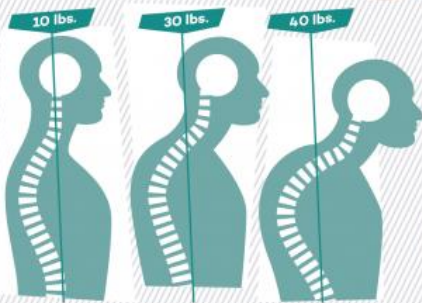
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# TECH-NECK

Alberta's chiropractors are seeing a rise in strain injuries and poor posture due to the increase of digital device use. These strains and pains associated with texting and spending time on handheld devices have been dubbed "tech neck." Thanks to our love for technology, this condition isn't going away anytime soon.

## WHY DOES TECH NECK MATTER?

Whether they're craning their neck poring over a textbook or scrolling through Facebook on their phones, children and adolescents are especially at risk for injuring themselves. It's estimated that for every inch forward that you crane your neck, an additional 10 pounds of pressure is being applied to your neck. That adds up fast and can harm your spine in a number of ways, including: neck pain, hunched shoulders and headaches.



If you or your child has a recurring ache or persistent pain, it is a good idea to consult with a chiropractor. The sooner you address the problem, the more successful you will be in combatting tech neck and ensuring strong posture.

## THERE ARE THINGS YOU CAN DO!

### LIMIT SCREEN TIME

Try to limit screen time to an hour or two. If you or your child needs to be on a device for extended periods of time, fit in a 15-minute break for every hour of screen time.

### MAINTAIN A CORRECT POSTURE

Bring the device up so it is eye level and sit up straight with your chest out and shoulders back. If you must look down, tuck your chin into your neck instead of hanging your head forward.

### BALANCE SCREEN TIME WITH ACTIVITY

Exercise is a great way to neutralize the stress caused by poor posture. Try the free stretching program at [straightenupalberta.com](http://straightenupalberta.com).

### INVEST IN FURNITURE THAT WILL HELP ENCOURAGE GOOD POSTURE

There are so many options available to try! You could sit in an ergonomic chair with a headrest, purchase a tablet holder or raise the level of a computer monitor so it's eye-level, to name a few.



ALBERTA  
COLLEGE AND ASSOCIATION  
OF  
CHIROPRACTORS

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