



The Spinal Column

Back Packs Cause Back Problems (Pack it Light and Pack it Right)

By Dr. Alfin Miitha, Hons. B.Sc., D.C.



A new survey published by the Ontario Chiropractic Association shows that 76% of Chiropractors agree that hauling heavy Back Packs on a continual basis can cause Back Pain and major stress on the growing spinal column. The ramifications of doing this year after year could lead to a life full of aches, pains, and a stationary lifestyle. To prevent back pain from an overloaded back pack it is important to recognize the correct way to choose, pack, lift and carry a backpack.

Picking the right back pack

1. Choose the right size. The top of the backpack should not extend higher than the top of the shoulder, and the bottom should not fall below the top of the hip bone. If it is too low it will make you lean forward and carry the full weight on the upper back. Back packs should never exceed 15 percent of the child's body weight and for elementary school children try and keep the weight below 10 percent.

2. The lighter the better: Stay away from leather back packs. Lightweight materials such as vinyl, or canvas will decrease the load your child needs to carry. Pack the heaviest items closest to the body which will reduce the strain because the weight is closer to the body's own centre of gravity. Average weights of various items:

Large text book. 2.7 kg 6lb

Small Textbook... 9 kg or 2lb

Laptop Computer 2.7kg or 6lb

Sneakers .9kg..2lb

20 ounce water bottle.. .68kg or 1.25lb

large paper back .45kg or 1lb

Notebook .35 kg or .75 lbs

3. Shoulder straps should be at least 2 inches wide, adjustable, and padded. Ensure that they do not cut into or fit too strongly around the arms and armpits as this can cut off circulation and put strain on nerves and arteries.

4. Padded back: added protection and comfort.

5. Waist belt helps to effectively redistribute as much as 50-70% of the weight off of the shoulders and spine, and dissipate the weights evenly throughout the pelvis, bones, joints and muscles.

6. Several individual Pockets is beneficial instead of one large pocket thus allowing even distribution of weight.

How to lift and carry your back pack

1. Never bend-over to put your back pack on. Instead use a table, chair or counter at waist height, before slipping it on.

2. Avoid twisting when lifting your back pack on to your back.

3. Use both hands to check the weight of the back pack.

4. Lift with the legs, bending at the knees and put on one shoulder strap on at a time.

5. Adjust the straps to fit the arms snugly without cutting off circulation. Wear both straps and adjust them so that the pack fits snugly but you are able to slide your hand between the back pack and your back. This position reduces stress on the your body.

6. Slings the back pack on one side can cause the spine to lean towards the opposite side placing stress on the joints and muscles in the mid-back and lower back.

Special points of interest:

- Did you know that over 50% of Glucosamine sulphate products on the market do not have Glucosamine in it.
- Did you know that only 10% of your nerves are responsible for pain perception. • Did you know the most common cause of headaches is dehydration

- Did you know Hormone replacement therapy is not the only way of dealing with menopause
- Did you know an exercise and stretching routine provides 30% faster results if done faithfully and consistently

About the Author:



As a life-long resident of Brampton (34 years), Dr. Alfin Mitha endeavors to provide this city with reliable, informative Chiropractic care. He lives here with his 2 kids, Aura and Zen, and his wife Rupi. Having completed his Bachelor of Science degree in both Biology and Pharmacology at McMaster University, Dr. Mitha had the opportunity to work with Eli Lilly pharmaceuticals in their Research and Development of Non-Small Cell Lung Cancer and Prozac. Deciding that the private sector in medicine was not for him, Dr. Mitha then took one year off to work in Ixtapa, Mexico as a land sports G.O for Club Med. Having considered Chiropractic in the past, it was only confirmed while having the chance to meet many Chiropractors during his time in Ixtapa.

The next part of his journey took him to the Canadian Memorial Chiropractic College in Toronto, Ontario. During his education, he still maintained an active physical lifestyle while working as a personal trainer. His internship year provided him the opportunity to work at 2 very different and unique places. The first part of his internship was at Anishnawbe Health and Native Wellness Center which serviced much of Toronto's aboriginal and homeless community. The second part of his internship allowed him the chance to treat players of the Canadian National Soccer Team, and other elite Canadian athletes. Both of these placements allowed Dr. Mitha to understand many aspects of illness, injury and health. A focus which remains in his clinic; In GoodHands.

Having returned back to Brampton (a resident of 34 years, he has since become an active member of the Rotary Club, Brampton Tennis Club, Brampton Volleyball League, Yoga instructor and more recently the Health Practioner Advisory Committee for the city. Dr. Mitha wishes to become a more integral part of Brampton's community. "It is imperative that we take care of our body and mind, it is our most valuable asset. The first step is education and if anything else, we provide that for our patients".

Main and Franchise Clinics:



In GoodHands Rehabilitation & Wellness Centre
 Bramalea City Centre – Inside GoodLife Fitness
 Unit 50A - 25 Peel Centre Drive, Brampton, ON L6T 3R5
Phone: (905) 453-5858 **Fax:** (905) 453-8995
Email: info@ingoodhandswellness.com

Services:

- Acupuncture
- Chiropractic Care
- Massage Therapy
- Naturopathic Medicine
- Orthotics
- Physiotherapy

Products:

- Athletic Braces & Splints
- Compression Stockings
- Memory Foam Pillows
- Custom Made Orthotics
- Health Supplements

Clinic Hours:

Mon. and Wed.: 9:30 am - 8:30 pm
 Tues. and Thurs.: 10:00 am - 9:00 pm
 Fri.: 9:30 am - 7:00 pm
 Sat.: 9:30 am - 2:30 pm
 Sun.: Closed

In GreatHands Chiropractic & Wellness Centre

Inside Oshawa Centre Mall
 C/O Goodlife, 419 King Street West, Oshawa, ON L1J 2K5
Phone: (905) 433-9520 **Fax:** (905) 433-8144
Email: oshawa@ingreathands.com

Services:

- Chiropractic Care
- Dry Blood Analysis
- Hair Analysis
- Irridology
- Massage Therapy
- Nutritional Urinalysis
- Orthotics
- Psychology
- Reflexology
- Rehabilitation
- X-Rays

Products:

- Custom Made Orthotics
- Health Supplements

Clinic Hours:

Mon. - Thurs.: 9:00 am - 7:30 pm
 Fri.: 9:00 am - 7:00 pm
 Sat.: 9:00 am - 5:00 pm
 Sun.: Closed