

## News &amp; Views

Update

## Studies on backpacks reveal:

- 64% of kids reported having back pain at some time.
- 40% children said they felt pain while wearing their backpacks.

**In students reporting pain:**

- 90% said their back pain was "bad" or "very bad";
- 21% said their pain lasted more than six months;
- 16% said they had missed school, gym class, or after-school sports because of the pain;
- 17% said they had seen a doctor for their back pain.

**Other interesting findings:**

- **Girls were significantly more likely to report back pain than boys.**
- Another very intriguing and worrisome finding was: "research has shown that adults with severe back problems often had pain as kids," write the researchers in the March/April 2004 issue of the *Journal of Pediatric Orthopedics*.

See our web site for more info on backpacks and enter to

**Win a FREE backpack in our drawing August 23rd, 2007!**

Also, find tips for your kids on how to avoid injury and minimize pain!

Next Newsletter:

- Nov-Dec 2007!

## Studies link back pain to backpacks

**Lighten your load to Avoid Pain, Injury say Experts**

With back-to-school season here, parents and students should make sure heavy backpacks aren't too much of a burden.

According to a large study published in the *Journal of Pediatric Orthopedics*, "**backpacks could cause permanent back problems for students**". This is truly alarming. Research has shown that adults with severe back problems often had pain as kids. "You can suffer all your life from this kind of injury," said lead author Dr. David Siambanes. Participants were 3,500 students aged 11 to 15. Researchers weighed the children's backpacks and asked the kids how often they used their backpacks and **how much pain they felt**, if any. Most students said they hurt, at least a bit, from their backpacks.

***Adults with severe back problems often had pain as kids***

"Students carrying heavier backpacks relative to their body weight were more likely to report back pain, and it was associated with wearing a backpack **weighing more than 20%** of the student's body weight" write the researchers.

**Backpacks: Their Effects on the Spine**

A backpack with a load that is too heavy causes muscles and soft tissue to work harder, leading to strain and fatigue. This leaves the neck, shoulders and back vulnerable to injury.

It is estimated that more than **50 percent of children surveyed carry backpacks that are too heavy**. "When a backpack is filled with heavy books and incorrectly positioned, the



weight's force can pull your child backward. To compensate, "your child may bend forward at the hips or arch his or her back, causing the spine to compress unnaturally" says Dr. Ray. "This can lead to shoulder, neck and back pain and muscle spasms".

**"If your child complains of pain, or if you notice that one of your child's shoulder blades are not moving correctly or not symmetrical to the other side, a chiropractor should be consulted"** says Dr. Ray.

**Backpacks: Recognize the Warning Signs!**

- Red marks on neck, back and shoulders,
- Pain when wearing the backpack;
- Change in posture when wearing the backpack;
- Struggling when putting on or taking off the backpack;
- Tingling or numbness in the arms and hands;
- Frequent complaints of discomfort and pain;
- Morning stiffness and muscle aches;
- Headaches and stiffness in the upper back.

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## Massage Therapy and Arthritis:

The two most common types of arthritis are:

**Rheumatoid**, which is a genetic and chronic condition where patients suffer from sudden swelling in the joints, ligaments and muscles.

**Osteoarthritis**, where cartilage slowly breaks down over time due to wear and tear, injury as well as aging.

Arthritis sufferers experience pain and stiffness around their joints, often **making everyday activities painful** and difficult because of **rigidity**.

Your Certified Massage Therapist has the **knowledge and expertise to recommend an appropriate treatment**. That will depend on a number of factors such as severity, age, occupation and lifestyle. Since the majority of arthritic sufferers have a chronic condition, treatment will focus initially on reducing **discomfort and pain**. Your therapist will then offer suggestions in between treatments to **help you better manage your pain at home** thru gentle stretching and exercises.

With a massage therapy program, you can look forward to a significant drop in pain and **a better quality of life!** Call our office and schedule to see Jill. She will be **attentive to your** needs.

**Go to our web site and subscribe to receive our newsletter by email in order to get the latest news and specials the clinic offers!**

## Glucosamine and Chondroitin have a better effect than pain killers!

With the ever increasing interest on how to overcome the limitations of living with osteoarthritis, several major clinical studies have found that **Glucosamine and Chondroitin (G&C) work even better than common pain killers**. This is great news given that drug use carry significant risks and already two major prescription drugs (Vioxx and Bextra) have been



### *Glucosamine and Chondroitin repair and rejuvenate damaged tissue*

removed from the market. The use of non-steroidal anti inflammatory drugs (NSAIDs) like Ibuprofen, is a common treatment for arthritis. However, NSAIDs have little effect on the arthritis, and produce many side effects that are detrimental to other organ systems in the body. A more **appropriate** treatment for arthritis would involve trying to keep the joints mobile through exercise and diet, and using supplements such as **G&C to reduce pain and promote the regeneration of damaged joints**.

### **What are Glucosamine and Chondroitin?**

Glucosamine is a form of amino sugar that plays a role in cartilage regeneration and repair. Chondroitin is part of a large protein molecule that gives cartilage elasticity.

### **How do they help the body?**

G&C are used as building materials for cartilage, discs and joints. They have the property to hold water which gives cartilage its strong, sponge-like quality. This allows nutrients to flow into cartilage-like tissue and wastes to flow out. G&C are some the most important nutritional supplements for joint health ever discovered. They provide significant **benefits for both the structure and function of joints** as well as cartilage metabolism which slows the breakdown of tissue.

### **How do I take them?**

If you decide to take these supplements, consult your doctor about the proper dosage. The amount used in studies of glucosamine was 1,500 mg per day and in studies of chondroitin, 1,200 mg per day was used. Numerous studies have been done to examine the effectiveness of G&C in treating arthritis. Overall, **G&C were found to be safe, effective and provide great therapeutic bene-**