



Frackson Health Care

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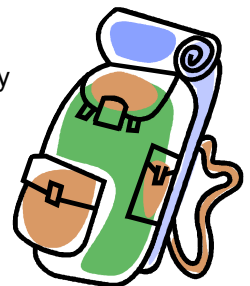


It is our pleasure to announce that Dr. Kavan Yu, BSc. DC. will be joining our office at the end of this month. Dr. Yu was raised in Victoria and is a recent graduate of the Canadian Memorial Chiropractic College in Toronto. To learn more about Dr. Yu, be sure to read his Bio on our website: www.fracksonhealthcare.com

Please note that Dr. Frackson's office will be closed:
Monday September 6th for the Labour Day Holiday
Friday September 24th to attend the Chiropractic Association AGM in Vancouver.

Things To Look For When Buying A Backpack

1. Look for backpacks with wide, padded shoulder straps. Narrow straps dig painfully into shoulders and can hinder circulation, causing numbness or tingling in the arms, which over time may cause weakness in the hands. Padded shoulder straps help absorb the load.
2. Look for backpacks with "S" shaped shoulder straps, which will ergonomically contour to your child's body.
3. Consider the weight of the backpack when empty. For example, a canvas backpack will be lighter weight than leather.
4. Look for backpacks with a waist or chest strap. This will help keep the load close to the body and help maintain proper balance.
5. Look for backpacks with a built in lumbar pillow / back support.
6. Make sure the backpack is not too heavy. Students of all ages seem to be carrying heavier loads. Even when worn properly with both straps, leaning forward to compensate for this extra weight can affect the natural curve in the lumbar, or lower back region. Extra weight may cause a rounding of the shoulders and an increased curve in the thoracic, or upper back region. As a result, the student may experience back, shoulder and neck pain. A good rule to follow is to carry no more than 10-15% of one's body weight.
7. Consider purchasing a backpack with wheels.



Chatelaine Magazine and the Canadian Chiropractic Association

Canadian women now have a new source of back health information from Canada's chiropractors. Partnering with Chatelaine, the country's leading women's magazine, the profession offers back health advice in a monthly print column and online. Visit www.chatelaine.com/backhealth to view this public education program today!