

MILAN CENTER NEWS

Seasonal Newsletter

Fall 2015

Pain in the Back(pack)?

Back to school is upon us and with that comes studying, homework, and carrying heavy books around. Did you know that improper positioning of a backpack, total weight, and total time a pack is worn can all lead to changes in posture and pain? In a study reported by the Pediatric Physical Therapy Journal, wearing a backpack increases forward head positions, tilts the pelvis forward, and causes the wearer to lean forward at the trunk. These changes in forward postures worsen with both the weight of the pack and the amount of time worn. Your child may complain of back pain, neck pain, headaches, and shoulder pain so be sure to ask them if they are experiencing any of these symptoms.

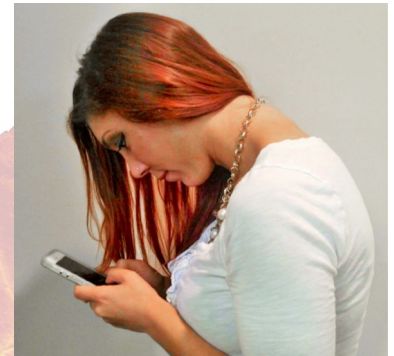
Reminders:

- Wear your backpack with both shoulder straps and a waist belt if available
- Maximum weight limit should be 10% of your child's bodyweight
- Minimize the amount of time a backpack is worn throughout the day—use a locker!
- Come in and see us if you have questions or would like help with proper fitting

Welcome to our new quarterly newsletter! Our newsletters will keep you informed on current topics in healthcare, updates to the clinic, and other matters related to chiropractic and your health. Also keep your eyes open for some upcoming events that we will be hosting at the clinic in the near future.

Text Neck

Technology has changed our lives over the last decade in ways no one could have predicted, unless your name was say Steve Jobs or Mark Zuckerberg. Most of these changes have been for the better, but posturally speaking, technology has been fraught with new perils including "Text Neck".



Most people are looking down at their phones and computer screens, some for hours upon hours. As referenced in one of our recent articles on our website (www.themilancenter.com):

"Ten years ago, nobody had "text neck." Now many people are reaping the unwanted musculoskeletal consequences of tech overuse..... Instead of holding mobile devices straight out in front of their faces to maintain good posture, most people hold their devices close to their bodies, dropping their heads to see what's on the screen. Since the average head weighs 10 pounds, constantly dropping it forward hunches your shoulders, inflames tissue in your neck and strains your spine. This technologically induced neck problem is often referred to as "text neck." Text neck is on the rise with kids and young adults, traditionally an age group that had few spinal problems."

This fall we are making a concerted effort to remind our patients about neck postures and the contribution of texting. We are reminding patients to focus on biomechanical corrections to postural strains via our prescribed exercise routines of "Chin Tucks", "Bruggers' Style Postural Relief Position", and "Pelvic Tilt and Pelvic Roll" among others. Remember to perform these regularly and if you need any additional assistance, please call us today to schedule an appointment to review these corrections.

Open Enrollment

Open enrollment for insurance is quickly approaching in November 2015. If you have any questions regarding possible changes to your insurance plan, please call us to speak with Monica so you can have the best coverage for your health in 2016!

Employee Highlight



Karmelle

Karmelle joined the Milan Center this year as our front office receptionist. She is the friendly voice you hear when you call in and she will greet you with a warm smile when you enter our clinic.

Karmelle was born and raised in Oregon and attended Oregon City High School. She enjoys the outdoors and water sports. At home she has two cats that she loves and adores and she also occasionally rescues animals in need. In her spare time, she volunteers with Oregon Mermaids to participate in events about beach conservation and cleanup as well as teaching children about aquatic life. Next time you are in the clinic, please give Karmelle a warm welcome!

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*Check your mail
regularly for
information regarding
an upcoming
Open House at the
Milan Center*

Hours & Info

Monday 8:30—5:30

Tuesday 8:30—5:30

Wednesday 8:30—5:30

Thursday 8:30—5:30

Friday 8:30—5:30

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Visit us on the web at
www.themilancenter.com

Milan Center

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