

WOMEN'S HISTORY MONTH

Honoring the accomplishments of women.

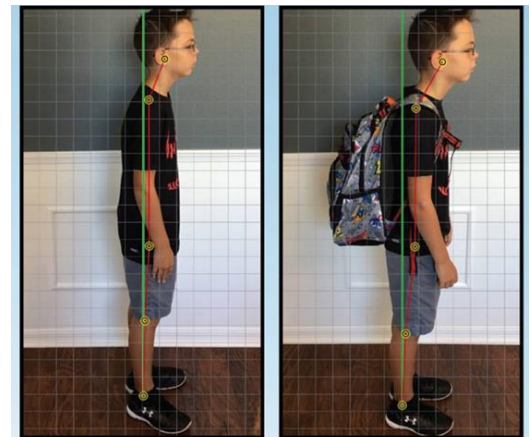
Coming up this Month of March - We will be celebrating Women's History Month. Follow us on Instagram and Facebook to see just a few of the amazing women who have had great influences on our practice here at Lane Cove Chiropractic.

On the weekend we held a back to school backpack and posture check day

On reviewing the day a few things stood out to us –

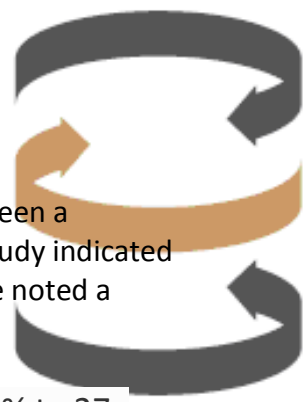
1. Wearing a backpack almost universally made the child's posture worse by causing a much more pronounced forward head posture (FHP)
2. The kids generally wore their backpacks incorrectly – too low and with the straps not done up tightly enough or not done up at all
3. The backpacks could usually have been packed better with the heavier items (laptops, bigger books) packed in the section of the bag closest to the body
4. The backpack weight was very often heavier than is recommended (**most guidelines recommend backpack weight should be no more than 10-15% of your child's body weight**)

A child's spine is going through important developmental phases during their school years so it is vitally important that we do all we can to lessen the stress on their growing spine and nervous system.



Body Region	Shift (Translation)	
	8/16/16 1:08 PM	8/16/16 1:11 PM
Head	2.45" forward	4.09" forward
Shoulder	0.05" backward	0.16" forward
Hips/Pelvis	0.66" forward	1.46" forward
Knees	0.24" forward	0.52" forward
Total Deviations	3.41"	6.23"





Having good posture and spinal alignment is important for school age kids as there has been a worrying trend of increasing spinal pain in children over the last few years. One recent study indicated that lower back pain in children has increased from 2-11% to 27-51%. Other reports have noted a lifetime prevalence of 70-80% in patients up to 20 years of age.

In recent years, the prevalence of pediatric LBP has trended upward from 2–11% to 27–51%. Other reports have noted a lifetime prevalence of 70–80% in patients up to 20 years of age.

Researchers are now telling us that poor posture not only can affect the health and function of the spine but can also create changes in the way the nervous system works by activating the body's stress system. (Is forward head relevant to autonomic nervous system function and cervical sensorimotor control? A cross sectional study. Published in Journal of Gait and Posture)

Kids already have many challenges to good posture with the increasing use of screens and hand held devices stressing their spine many times a day. We know that increased use of digital devices and screens directly impacts on school grades.

Association Between Screen Media Use and Academic Performance Among Children and Adolescents. A Systematic Review and Meta- Analysis.

Published in JAMA Pediatrics , September 23, 2019.)

The aim of this paper was to see if there was any association between screen based activities and academic performance in kids and teenagers.

The researchers found that TV viewing and video game playing were inversely associated with academic performance. In other words, the more screen time the worse the academic performance.

So now more than ever before it is vitally important, we look after the growing spines of our children so they can grow to be happy healthy adults/ have the best chance possible for a healthy happy adulthood / grow up happy and healthy/

Through March and April we will be continuing to do complimentary spinal and posture and backpack checks just call the practice for an appointment.



The “Fun Run” season is fast approaching with the Sydney Half Marathon and Canberra Marathon only a few months away City2Surf is just around the corner so a lot of our practice members are out there pounding the pavement or at least thinking about it. Pretty much every runner has been told by a friend or even another health professional that “running will give you arthritis”. Or some version of that. A new study published in the BMJ Open Sport & Exercise Medicine contradicts the widely held belief that distance running causes your knees to wear out.



The study “**Can Marathon Running Improve Knee Damage In Middle Aged Adults?**” Followed 82 participants who underwent a 16 week marathon training program and then completed a marathon race. MRI scans of the knees were taken 6 months before the marathon and repeat MRI’s were done 2 weeks after the marathon.

The results were-

“ Premarathon and pretraining MRI showed signs of damage, without symptoms, to several knee structures in the majority of the 82 middle-aged volunteers. However, after the marathon, MRI showed a reduction in the radiological score of damage in: subchondral bone marrow oedema in the condyles of the tibia and femur.”

So, amazingly, and contrary to popular opinion long distance running seems to be helpful in repairing knee damage!

This study highlights the incredible ability our bodies’ have to adapt and thrive to stresses placed upon it.

I will be holding another RunStrong Workshop in early May to help all of our runners get their running technique super efficient so they can do their best in the upcoming running season. And if you are someone who hasn’t run much but would like to- then this workshop is a great way to get started on the right foot

If you are interested just reply – “Running Workshop” to this email and we will be in contact you with more details.

Stay up to date and follow us on  @lanecovechiro &  @lanecovechiropracticcentre