



August '16 Wellness Letter

Dear Patients and Friends,

Here it is August already. Summer has flown by. Let's not forget how much we wished for warm weather last January! Back-to-school ads have been out now for the past 2 weeks. With that brings shopping for school clothes and backpacks.

Children's feet grow so fast that I always recommend starting the school year with a new pair of shoes. Make sure the shoes are comfortable and they have at least a thumbs width between their first toe and the end of their shoe. The "straw test" is where you have your child step on a straw measuring from their heel to their longest toe. Mark the straw and then cut the straw to the length of their foot. You can then easily place the straw in the shoe to make sure there is adequate room for their feet.

Backpacks continue to get heavier for children. Never forget that their developing spine is negatively impacted by a backpack that is too heavy. Some sources suggest to keep it to 15% of the child's body weight but I really feel it should never weigh more than 10% of their body weight. The straps should be adjusted with many compartments to organize and balance the weight of their items they carry. Check out backpack tips we'll be posting on Facebook.

August is also National Golf Month. More people than ever have been participating in golf these days. If you did not get our recommended golf stretches while you were in the office recently, please email us and we'll be glad to send you a copy. Stretching before, during and after golf makes sense. Staying hydrated on the course is also essential to avoid unnecessary muscle strains.

We are all looking forward to watching the Summer Olympics. The preparation and commitment it takes to become an Olympic athlete is daunting. I'm reminded of the story of Michael Phelps asking his coach if he could leave practice 15 minutes early while training for the Olympics so he had time to go home and change in time to pick up his date for the prom!

Most every Olympic athlete receives chiropractic care as part of their training. The reason is simple – they want to maximize the function of their body to perform at its peak. The nervous system controls and coordinates all functions of the body. Chiropractic adjustments fine tune the body to keep these athletes at their peak and also recover from injuries sustained while training.

Enjoy the rest of your summer. Take time to re-charge and re-focus those activities that keep you at your peak performance. We're always here to help.

Make it a great day!

Dr. Ed

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