



**DUCHY**  
**CHIROPRACTIC**  
GO WELL | STAY WELL

# Welcome to our September Newsletter!

## September 2023

### Back To School Tips...

Summer has flown by and it's almost time for the start of a new school year.

For many families this means back to routines, this transitional time can sometimes cause unwanted stress not only for parents but for kids too.

Here are a few chiropractic tips to help make the back to school season a healthy and happy one for the whole family.

- **Wear your backpack properly:**

A great rule of thumb to follow is keeping your child's backpack weight under 10-15% of their body weight. Backpacks that exceed this weight can cause your child to be pulled backwards and compensate by bending at the waist. Secondly, check to make sure the backpack is the correct size for your child's height. When worn correctly, the bag should start just below the shoulders and end right above the waist. Lastly, the backpack should be worn on both shoulders and fit snugly, ensuring minimal movement and impact on the lower back while walking.

- **Focus on your Sitting Posture:**

Sitting at a school desk for long hours can put enormous stress on your back if your posture isn't correct. Long periods of "non-ergonomic" sitting allows tension to build up overtime in the back, shoulders, and neck.

When sitting at a desk, it's recommended to maintain a straight posture with as little "slouching" as possible.

- **Sleep**

Consistent sleep and chiropractic health go hand in hand. Sleep is our body's time to heal and repair from the stresses of daily life. If your child is not getting enough sleep their body and brain function can suffer. With busy days and of after school activities prioritising sleep can often be difficult.

To help ensure your child is getting enough rest, stick to the same bedtime every night so there is less trouble waking up early for school during the week. Also limiting screen-time 2 hours before bed can help your child naturally produce enough of the sleepy time hormone, melatonin, for deeper sleep.

- **Nutrition**

The most important meal is breakfast. Make sure your child's breakfast is nutritious and contains protein to help focus and avoid cravings. Adding fruits and veggies to your child's diet can add great sources of immune boosting vitamins and minerals. If getting your kids to eat their fruits and veggies is a battle, a great solution is a fruit smoothie. You can even sneak in some leafy greens, like spinach, or good healthy fats, like avocado, into the smoothie without them even noticing! Smoothies are also quick and can be taken on the go, which is a bonus for those busy mornings.

- **Chiropractic adjustments**

It is best to have your child checked for spinal stress before any symptoms begin. Regular chiropractic adjustments can help to avoid any back to school set backs.



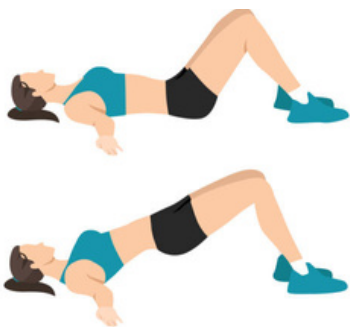
## The Power Of Your Glutes...

Your glutes are your body's most powerful muscle. They are the power house for the majority of all our lower body and back movement that we make, they deliver strength and power, but only when properly activated. If your glutes have become underactive, it can become quite difficult to 'fire' them up. The following exercises can help to activate your glutes.

*Please consult your GP, Chiropractor or Physiotherapist before trying the following exercises.*

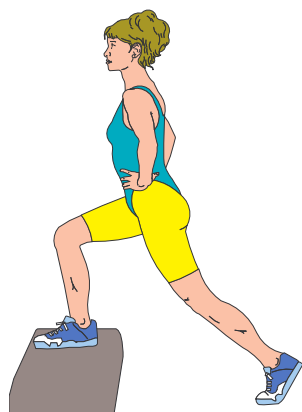
### Glute Bridge:

- Lay on your back with your feet flat against the floor and knees bent.
- Engage your glutes by squeezing them and lift your hips off of the floor moving them up towards the ceiling. Make sure your body forms a straight line from your knees to your shoulders.
- At the top of the movement pause and squeeze your glutes as hard as you can, hold for 1-2 seconds, and then lower back down slowly to the starting position.



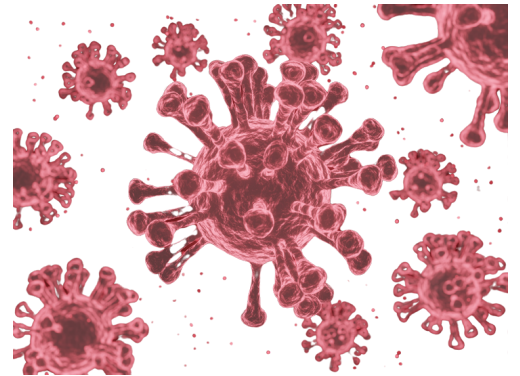
### Step up:

- Start with one foot close to the edge of a knee-height step, make sure your whole foot is in contact with the surface, with the other foot hanging off.
- Drop your foot to the ground, making sure you control your body weight with the opposite leg.
- Tap the heel of the foot to the ground and drive through the step with the working leg to return back to the starting position.



## Fun Fact!

25,000,000 of your cells died while you were reading this sentence!



## Chiropractic History Did you know?

The earliest historical record of spinal manipulation dates back to ancient Greece in 400 BC. However spinal manipulation has been part of traditional medicine throughout Indonesia, India, and much of Asia, as well as in northern regions like Russia and Norway for almost 4,000 years. Hippocrates wrote about using manual manipulation techniques to reduce dislocations and treat a wide range of health problems.

**“Look well to the spine for the cause of disease.”** Hippocrates

Hippocrates treatment looks a little different from modern spinal manipulation!

Hippocrates strapped people to boards to traction their spines and using his hands and feet to push on what he described as 'prominent vertebrae'. Interestingly, Hippocrates noted that it was essential that this treatment be followed by strengthening exercises at home.