

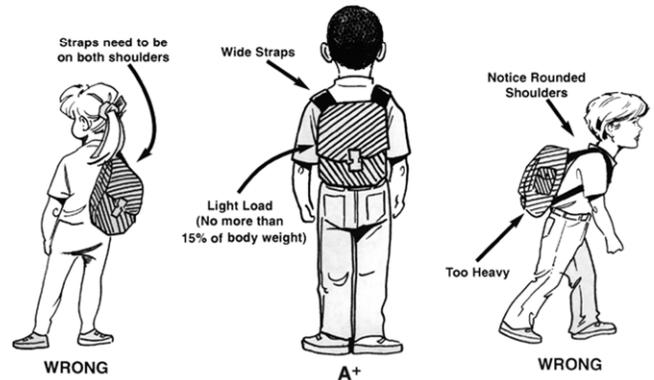
Manual Physical Therapy & Sports Medicine NEWSLETTER

Volume I Issue I

Your Child's Backpack - Is it Making the Grade?

Backpacks are an important part of your child's school gear, but if overloaded or improperly worn, it can put your child at risk for back pain or spinal injury. It was found that 55% of children carried loads heavier than the recommended 15% of their body weight. Children trying to adapt to these heavy loads use faulty postures which can cause improper spinal alignment, which hampers the function of the vertebral disks that provide shock absorption to the spine. It also can cause muscle strain and overuse. The following ergonomically designed features are recommended for safety and comfort:

- A padded back to reduce pressure on the back
- Hip & chest belts to transfer some of the weight to the hips and torso
- Compression straps on the sides and bottom to stabilize the articles so the items are as close to the back as possible
- Multiple compartments to distribute the weight
- Reflective material to enhance visibility at night



APTA
American Physical Therapy Association
www.apta.org

Couch Potato Tips

Football Season is the time for fans to relax and cheer on their favorite football team. But physical therapists want to remind you not to neglect your own need for exercise while you're watching "the big game." We support the U.S. Surgeon General's recommendation of moderate intensity physical activity done 5 or more times per week. During those commercial breaks you can take time to do the following quick and easy exer-

cises and stretches.

- Back Bend Stretch—Get off your seat and stand up leaning backwards.
- Hamstring Stretch—Sitting in a sturdy chair, straighten your knee and flex your toes towards you
- Sidebend Stretch—Sitting or standing slowly bend to one side as you let your hand slide down the side of your leg
- Raise your arms overhead making the "Touchdown sign"
Repeat 100 times.
- Run in place for 1 minute intervals.
Repeat 5 times



Physical Therapists (PT's) Key in Ongoing Care of Woman Living with Breast Cancer

Physical Therapists play a key role in restoring function and assisting breast cancer patients' return to their daily life and routines.

- After surgery patients often lose range of motion in the shoulders and arms. PT's assist with Stretching and Strengthening to regain motion and function.
- Some woman experience

lymphedema, a condition that causes swelling in the arms after the removal of the lymph nodes. PT's perform Manual Lymphatic Drainage Massage to decrease swelling and teach patients how to do their own compression bandaging.

- To facilitate the healing of surgical incisions and to keep tissue mobile and

supple, PT's perform scar massage to prevent scarring

- Many post-surgical patients may deal with fatigue caused by chemotherapy and/or radiation treatment. PT's create cardiovascular exercise programs to help patients build up their endurance and strength.



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Call us about our movie night promotion. 410-468-3300

FALL Precautions



With the start of autumn comes the beautiful array of colors that adorn trees in and around our homes. But with that beauty comes a danger that is often hidden. As leaves fall on our sidewalks and driveways they can become dangerous when combined with wet pavement after a rainfall or oil slick driveways.

A simple walk from your door could result in a fall that could cause serious injury. So don't delay in raking those leaves and removing them from your path or the path of a friend or neighbor.



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