

SPORT & SPINE SPECTACULAR

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TIPS FOR BACKPACK SAFETY

The signs are up in stores, the supplies are appearing on shelves, and spiral notebooks are fifty cents each. School is fast approaching for grade school students, high school students, and college students alike. The subjects might be different, but there is one thing every student has in common: backpacks.

With the increased amount of homework students have, backpacks have become bigger and more durable, and some have added features to help prevent back injuries by helping to manage the weight of a heavy backpack.

Although we can't do anything about the price of that 15-pound biology textbook, here are some things that students can do to help protect themselves against backpack-related back injuries.

Tips for back protection:

1. Use rolling backpacks - Take the weight off your body completely.
2. Use backpacks ending above the waist with padded shoulder straps and belt - If your backpack has a belt, it is meant to help you manage the weight by keeping it from shifting.
3. Wear straps on both shoulders
4. Pull shoulder straps snug - Don't let your backpack dangle down your back: this puts additional strain on your lower back.
5. Place heavier books closest to your back
6. Bend knees when lifting the backpack
7. Carry only what is necessary each day

E-NEWSLETTER

Sport & Spine Spectacular is now available online at www.sportspine.com/ewsletter_signup/index.php (Requires Adobe Reader)



FEEDBACK

What do you think of the Sport & Spine Spectacular? Tell us! We have a survey available online. We appreciate your opinion!

E-mail abarrett@sportspine.com to receive our newsletter in your inbox!

CONSULTS FOR FLOOD VICTIMS

As thousands of people directly or indirectly recover from the terrible flooding of August 2007, our community is doing its best to recover and Sport & Spine wants to help.

On **September 12th and 18th, from 7 am to 7 pm**, Sport & Spine will be offering **FREE half-hour consultations** to flood victims and those who have suffered injuries from the flooding or from flood relief efforts.

During these consultations, you will have a chance to sit down with a physical therapist who will help you determine the cause of your pain and will

design a home exercise program for you to follow which will help decrease your pain and heal your injury. In order for you to keep up with the relief efforts you need to stay healthy.

Our thoughts and prayers are with the flood victims and the tireless efforts of the Red Cross and other relief workers.

September 12 & 18
Free Consultations for Flood Victims and Relief Workers
Call 474-6900 for an appointment.

STAFF NEWS

SPORT & SPINE GALLOPS!

What a Goodview Gallop it was! Sport & Spine finished 2nd in the corporate race and Sport & Spine's own Erin Alexander placed 1st in her age group and 2nd overall for females! It was a very successful event. See you next year!



FLUIDS AND THE YOUNG ATHLETE

The most important part of an athlete's diet is not what they eat but what and how much they drink. Hydration before, during and after exercise is important for everyone but especially for preteens and younger children, because they have special fluid needs compared to adults or even teenagers. Children are at increased risk of dehydration and heat related illness, because they sweat at a lower rate; they tolerate temperature extremes less efficiently; they get hotter during exercise; they have more skin surface for their body weight (which results in excessive heat gain in extreme heat and heat loss in extreme cold); their hearts pump less blood; and they adjust more slowly to exercising in the heat.

One of the most important functions of water is to cool the body. As a child exercises, his muscles generate heat, raising his body temperature. When the body gets hot, it sweats. The evaporating sweat cools the body. If the child does not replace the water lost through sweating by drinking more fluids, the body's water balance will be upset and the body may overheat. To keep from becoming dehydrated, your child must drink fluids before, during and after exercise. To promote fluid intake in kids, fluids containing salt (sports drinks such as Gatorade) have been shown to increase voluntary drinking by 90% and prevent dehydration compared to drinking plain water.

Drinking fluids prior to exercise appears to reduce or delay the detrimental effects of dehydration. For kids ages 6 to 12, they should consume 4 to 8 ounces of cold water both 1 to 2 hours and 10 to 15 minutes before sports. During sports, between 5 and 9 ounces of water or a sports drink depending on weight (5 for a child weighing 88 pounds, 9 ounces for a child weighing 132 pounds). Post-exercise hydration should aim to correct any fluid lost during the practice. Within two hours they should consume at least 24 ounces of liquids for every pound of weight lost.

JEANS FOR CAUSE

Starting on August 17th, every Friday at Sport & Spine will be Jeans for Cause Day! Employees of Sport & Spine will pay \$3 to wear jeans or other casual wear to work on Fridays. At the end of the month, all the money we have collected will be contributed to a cause.

If you know of a cause or a fundraiser taking place in 2008, let us know! Call 474-6900 or e-mail abarrett@sportspine.com

September 2007: Ready Set School!

October 2007: Toys for Tots

November 2007: Sponsoring a family for Christmas

December 2007: Goodfellows

In 1948, the General Assembly of the United Nations adopted & proclaimed the Universal Declaration of Human Rights.

Human Right #10:

THE RIGHT TO TRIAL

If we are put on trial this should be in public. The people who try us should not let anyone tell them what to do.

Human Right #20

MEET WHERE YOU LIKE

We all have the right to meet our friends and to work together in peace to defend our rights.

Nobody can make us join a group if we don't want to.

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