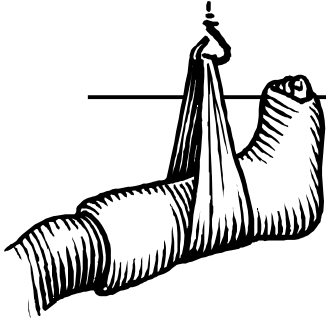


July 2008



Condition Of the Week!



Backpack hunch-back. Do your kids carry so much in their backpack that they look like hunch backs? Are you worried your college kids' lap top is too heavy to be carried around campus all day? Congress of Chiropractic State Associations recommends that you carry no more than 10-15% or your body weight in your backpack. For a 130 lb individual that means you must carry less than 20 lbs. By the time you add in all the things kids now a days carry (books, cell phones, lap tops, sports equipment, etc.) the average backpack is well over 20 lbs. Backpack shopping is more than finding the cheapest bag in the coolest color and hope is lasts the entire year. AirPacks® Backpacks are designed with the student's body and mom's wallet in mind. Stop by our office or contact us for more information.

Be sure to check out our

Remember chiropractics is a great way to relieve the pain caused by an sports injury and fix any damage. Chiropractic care and custom Orthotics can also improve performance.

Give us a call today and use this coupon for a complimentary consultation with Dr. Lee today!

443-512-0025

Get your kids ready for back to school!



While everyone is busy getting ready for back to school do not forget to condition your athletes to go back to practice. Kids love to take a break over the summer and become a little more sedentary than during the school year.

There are a lot of things that can cause injuries early in the season and being out of shape is always a contributor. Encourage your kids a few times a week to put exercise into their busy summer schedule. Whether it is taking a dip in the pool, going for a run or even just gathering a few friends for a pick up game (any sport will do) this will help prep the kids for the very intense practices that each season starts with. These outdoor activities can also help your children to deal with the hot conditions of August sports practice which can be dangerous for those who are not prepared for the heat. A few other things that will help prevent injuries are: keep hydrated with plenty of water or sport drinks, always make sure your equipment & shoes/cleats are in good shape and fit properly, and take care of small injuries early so you prevent more serious season ending injuries later.



Ice is nice! Ice-ing everything not only will feel better but it also cuts recovery time in half. It is a well known fact that Dr. Lee became a chiropractor because of my high school injury that I thought would heal on its own. Five years later it still hurt just as much as when I originally injured it in high school. My parents had no idea I was in that much pain. Your great kid who would never lie to you will lie to about how much pain they are in if they think they will have to miss a game. Many of our patients come in years later with injuries that stem from an old high school sports injury. Good Luck and GO TEAM!



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