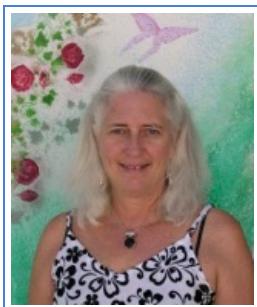


# Physical Therapy News Letter

[Print page](#)



Lydia Radosevich

The Ruidoso Physical  
Therapy Clinic

lydia@ruidosopt.com

ruidosopt.com

## Patient Results

No headaches for over a week! The TurboSonic, Inversion Table, and Myofascial Release have put a smile back on my face! 😊 I feel 100% better... the sciatica, tight joints, **lower back pain** gets such RELIEF! When the pain subsides or/and goes away its awesome to feel good. Lori L

Physical therapy has helped me so much. Before therapy I was in a lot of pain and could not find a way to make my back feel better. Every day was a hassle and all I ever wanted to do is lay down because of pain. Now I feel so alive thanks to The Ruidoso Physical Therapy Clinic. Rodolfo N

Do you or someone you know have back pain? We are experts in treating back pain due to any cause. Back pain can occur at any age, and has many causes. We get results in treating back pain and can help our patients eliminate the need for medications. Patients are taught how to do exercises safely and properly, to eliminate their pain, giving them control in their life. When you are hurting you want to get well quickly, and that is what we do here. 😊

## Open house party

We want to thank everyone who attended our OPEN HOUSE. It was a successful garden party with lots of food, fun and music. Lydia and her staff want to thank you for supporting the clinic for the last 15 years. We have enjoyed being of service and helping so many of you feel better, move better and live your life better. That's what we are here for.

Thank you.

## 15 minute FREE consultation

For anyone who has pain or difficulty moving, call today for your Free Consultation. We have helped many people with back pain live a normal life. call now 257-1800

Click here to view our video on Backpack safety.

[http://www.therapynewsletter.com/show\\_video\\_newsletter.php?userid=908&id=10&secret=25ce16e6707ddbed&act=preview](http://www.therapynewsletter.com/show_video_newsletter.php?userid=908&id=10&secret=25ce16e6707ddbed&act=preview)

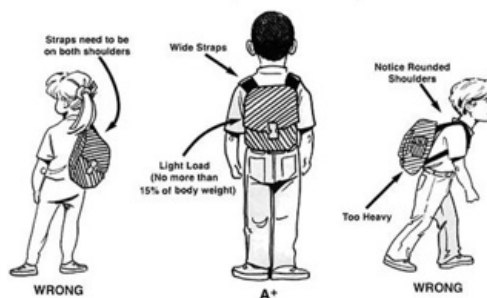
## 6 Steps To Backpack Safety For Kids

As children head back to school in September, a disturbing new trend is emerging. Young children are suffering from back pain much sooner than generations before them. A major contributing factor seems to be a heavy backpack. Most parents (and children) are unaware of the potential injury that heavy backpacks can cause.

A recent news release by the American Physical Therapy Association in April 2009 revealed that more than 50 percent of children surveyed carry backpacks that are too heavy.

If a backpack is stuffed with heavy books and/or worn incorrectly, the bio-mechanical pressure on the spine increases dramatically. As a result, your child may lean forward to compensate. This can cause shoulder, neck, or back pain.

### Is Your Child's Backpack Making The Grade?



### To help your child's back, here's what you can do:

1. **Pack smart.** Make sure that your child gets in the habit of cleaning out their bag daily, leaving things that aren't needed at home or in the locker.
2. **Distribute weight evenly.** Teach your child to wear both straps, not just one. This helps to distribute the weight evenly.
3. **Pay attention to your child's posture.** If your child is slouching or leaning over to one side, chances are that the backpack is too heavy. If there are any signs of pain, tingling, or numbness consult your doctor or physical therapist immediately.
4. **Get the "right" backpack.** Consider getting a backpack with multiple compartments to keep the weight more evenly distributed. Make sure there are 2 wide and well-padded straps that add comfort to the shoulder. If the bag has one strap, the weight distribution is uneven, causing the child to lean forward or to the side. Also, tighten the straps so the backpack is close to the body and rests in the middle of the back, not at the buttocks.
5. **Lift the backpack properly.** Teach your child how to lift the backpack correctly by bending at the knees and lifting with both hands before putting it on.
6. **Reduce the load.** Doctors and physical therapists strongly recommend children carry bags that are no more than 10-15% of their body weight. However, less is always better. This means that if your child weighs 100 lbs, the backpack should weigh no more than 15 lbs to avoid injury.

Contact us to learn more about the correct posture and movement patterns for children in your household.

## Backpack Safety

Backpacks come in all shapes, sizes, and colors and they can be a lot of fun when picking out.



Compared to purses, totes, and laptop bags, backpacks are better as they use the strongest muscles of the body (the back and abdominals) to support the weight of the bag.

With **both** straps being used, the weight of the bag is evenly distributed across the body, unlike a heavy purse or bag on one side.

Backpacks are very helpful, but they can also strain your child's muscles and joints and may lead to back pain if they are too heavy.

If you are not sure if your child is wearing his/her backpack the "right" way, call us today and we'll teach your child the right posture and exercises for a healthy back.

#### Tell Your Kids You Have Their Backs, And So Do We!



Your child does not have to suffer from shoulder, neck, or back pain due to carrying or lifting a heavy backpack.

If your child experiences any pain or discomfort resulting from backpack use, call us today.

We will conduct a thorough examination and help avoid discomfort or injury. We will also prescribe the best, most efficient exercises to help address any impairment and help your children (and you) to develop stronger muscles, improve posture, and return to normal, pain-free activities. Thank

you for reading. **We look forward to working with you.**

**The Ruidoso Physical Therapy Clinic** The Ruidoso Physical Therapy Clinic 439 Mechem Dr. Ruidoso NM 88345 Phone: (575) 257-1800