



# B.E.S.T. PHYSICAL THERAPY

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

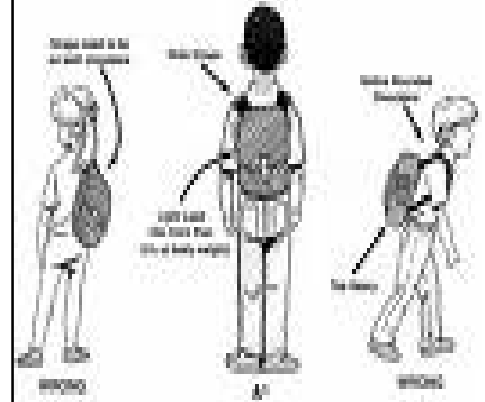
BEST Physical Therapy is proud to announce a **FREE** lecture by Dr. Christian Fulmer, DO.

## ***"THE IMPORTANCE OF CORE STRENGTHENING AND EXERCISE"***

September 30, 2009 at 6:30pm at our Cupertino office.

Dr. Fulmer is board certified in family medicine specializing in sports medicine and musculoskeletal injuries.

All attendees receive a coupon for Sports Basement and one will win a free massage!



### **IS YOUR CHILD'S BACKPACK READY FOR BACK TO SCHOOL?**

Backpacks come in many shapes and styles and help students stay organized while they tote their books between home and school, but they can be a leading cause of back and shoulder pain for millions of children and adolescents. When worn correctly, the weight of the backpack is evenly distributed across the body so that the the abdominal muscles and back muscles can support the weight. Unfortunately, less than 20% of adolescents consistently wear their backpacks properly, and most students are carrying heavier backpacks than are safe to carry on a consistent basis. These factors are the main contributors to neck, shoulder and back pain for school age children.

Luckily, here are some tips that can be followed to lessen the strain of the backpack:

1. A padded back will increase the contact comfort on the back and also protects your child from sharp edges of books and school supplies stored inside the pack.
2. The backpack should never be wider or longer than your child's torso and should not hang more than 4 inches below the waist.
3. The shoulder straps should be adjustable and the backpack should be evenly centered in the middle of your child's back.
4. Using both straps of the pack is important. By leveraging only one strap, this puts a disproportionate shift of weight to one side which leads to poor posture and potential muscle spasms.
5. The maximum weight of the loaded backpack should not exceed 15% of your child's body weight.
6. Lift the backpack by bending at the knees and using both hands.

By choosing wisely and using the backpack properly, your child can avoid the back to school blues!

BEST Physical Therapy now is offering core strengthening classes in both locations.

Our **Cupertino** classes are:

Tues/Thursday 7:15am-8:15am

Tues/Thursday 5:45pm-6:45pm

Our **Almaden** classes are:

Tues/Thursday 9:05am-10:05am

Our qualified staff instructs the participants in strength and balance exercises that will promote a healthy core for safer functioning throughout the day. Studies show that a stronger core musculature lessens one's chances of future injury as well as guaranteeing a faster recovery from present/future injuries.

In the BEST classes, proper form is emphasized and everyone receives individual attention in a fun workout environment.

Our newest class is being offered in the evenings in our Cupertino by Karen Bachman. She is a certified personal trainer and is mat certified in Pilates with a Bachelors degree in Exercise Biology.

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