



# SERC *Physical and Hand Therapy*

Returning Patients to the Speed of Life

Centralized Scheduling 913.384.1642 or 816.554.9559  
Fax 913.384.0558 • [www.serctherapy.com](http://www.serctherapy.com)

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## SCOPE OF SERVICES

- Physical Therapy
- Hand Therapy
- Sports Injury Treatments
- Work Injuries, including FCEs and work conditioning
- Diagnoses treated include:
  - spinal disorders
  - pre/post-op surgical disorders
  - repetitive stress disorders
  - hand and upper extremity injuries and disorders

## CLINICS

Belton/Raymore  
Blue Ridge Tower  
Clinton  
Harrisonville  
KC North  
Kearney  
Lansing  
Lee's Summit  
Liberty  
Metro North  
Odessa  
Olathe  
Overland Park  
South Raytown  
Shawnee

## IN THE CLINIC | Back to School: Backpack Basics

Have you seen a child leaning to the left or right to support a heavy backpack on the opposite shoulder? If the load is too heavy it might cause the child to arch their back as well. While it may seem a little far fetched, wearing a heavy backpack day-in and day-out over the course of months or years may increase the risk of spinal injury.

Carrying heavy loads will cause your child to adopt compensatory and faulty postures. These compensatory postures cause undo strain on the neck, shoulder, and back soft tissues. When spine disks are compressed unevenly, more muscular energy is required, which can lead to fatigue and possible soft tissue damage. The United States Consumer Product Safety Commission reports that in 2000 (the last year in which these statistics were made available), doctor's offices, clinics and hospital emergency rooms treated more than 13,000 backpack-related injuries.

So how do you avoid back pain caused by wearing a backpack? Here are some simple backpack safety rules:

- 1** Wear the backpack over the middle back, not high around the neck or low around the waist.
- 2** Wear both straps. Don't let your child carry the weight of the backpack on one shoulder.
- 3** Minimize the contents in the backpack and keep heavy objects closest to the body. The total weight of the backpack should not exceed 10% of your child's body weight.

If back pain persists, ask your doctor to send you to SERC Physical Therapy.

