

One Stop for Natural Health Care • Chiropractic • Therapeutic Massage • Low Level Laser



The Experts® on Chiropractic Care:



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Ask The  
**Experts®**  
on Chiropractic Care



**Dr. Wallace Jans**

### BACKPACKS & SHOES

School age children probably won't appreciate me writing about getting ready for school. But the fact is that the beginning of school is rapidly approaching and now is the time to prepare. As a chiropractor there are two school purchases that are of importance - backpacks and shoes.

When looking for a backpack for your child there are a few points to consider:

- Bigger is not better! Smaller packs discourage overloading. Buy a backpack that is the right size for the child. The pack should rest on the middle back so the body's stronger muscles support the weight. Children should only carry 10 to 20 percent of their body weight in their backpack.
- Two straps are better than one. Using two shoulder straps provides better weight distribution and less muscle stress. The straps should be well padded to avoid undue stress on the upper back, shoulders and under arms.
- Multiple compartments allows for better weight

distribution. The closer the weight is held against the body, the easier it is to carry.

- Choose ergonomic designs over fashion.

The importance of buying well fitting, supportive shoes cannot be overstated. Poor footwear can cause not only foot problems but issues with knees, hips and back. Foot imbalances set up a chain of adverse effects. When buying children's shoes:

- Choose soles that are thick enough to provide support and protection while still being flexible enough to bend when walking to allow a normal gait.
- The sides and particularly the counter (the part that cups the heel) should be firm enough to prevent side slippage.
- Select the proper size for the child. The toe box

should be long enough and wide enough. However, don't buy too large a size rationalizing the the child will grow into them.

- Shoes with fasteners such as laces or velcro provide a better fit than slip-ons. Heels should be avoided for children.

Buying a backpack and shoes that are appropriate for your child is very important. We see many problems in children that are caused by poor shoes and backpacks.

It is also important to assure that your child's spine is functioning properly. Be sure they have a back to school chiropractic check up so they can start the school year right. Call our office today at 403-529-9069 for a free consultation.



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