

Bulimba



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“Back to school back care”

Every day, your child may lug more than five kilograms to and from school in their backpack. Often this can lead to unhealthy spinal symptoms including lower back, shoulder and neck pain.

With the school year starting again soon, we thought some timely tips regarding school backpacks would be useful for parents.

Choose a backpack that. . .

- Fits the body comfortably.
- Doesn't extend above the shoulders when seated.
- Has shoulder straps that are broad, well padded and adjustable.
- Has straps attached to the top of the pack at separate points.
- Has a waist strap to keep the load in place.
- Has separate compartments to allow heavy items to be packed close to the body.
- Is padded where it touches your back and made of firm material to prevent it from sagging backwards.



The PhysioPak

Contact us to learn more about the PhysioPak backpack. This pack has been designed with input from physio researchers across Australia for better spinal health. Prices start from just \$50.

Pack Smart

- Try not to pack too many heavy books on the same day.
- Plan ahead—don't carry lots of equipment at the same time (eg sports gear, musical instruments or arts material).
- Pack heavier items close to the body and lighter ones further out.

With some simple planning and the correct equipment, your children can safely and efficiently carry their school bags without injury or undue fatigue.

“Walking for good health”

Walking improves your health and fitness and is suitable for most people. Walking is low impact, requires minimal equipment, can be done at any time of day, at your own pace. Almost everyone can do it. Even our country’s Prime Minister rarely misses his daily walk.

Some of walking’s main benefits are;

- Increased heart & lung fitness
- Decreased blood pressure and cholesterol
- Decreased joint and muscular pain
- Stronger bones and improved balance.
- Increased muscle strength and endurance.
- Reduced body fat.

How long should I spend exercising?

Olympic athletes use a system of a ‘hard day’ of training followed by an ‘easy day’ that allows their body a partial recovery. You can use this system too! Refer to the table below. First, select your current fitness level from the green column. The blue column will tell you how long you should exercise on your hard and easy days. You can allow one day per week for a complete rest.

Level	Time exercising		Age vs heart rate				
	Hard Day	Easy Day	25-35 years	35-45 years	45-55 years	55-65 years	65-75+ years
Beginner	20 min	15 min	114	108	102	96	90
Intermediate	30 min	20 min	133	126	119	112	105
Advanced	40 min	30 min	152	144	136	128	120

How hard should I exercise?

Taking your heart rate is an ideal way to gauge if you are exercising with the correct intensity. Locate your age category in the yellow columns on the chart. The numbers below indicate the pulse rate that you should aim for during exercise., depending upon your fitness level.

For example, a sixty year old with intermediate fitness should walk for 20 minutes on an easy day, 30 minutes on a hard day, with a pulse rate of 112 beats per minute.

Others ways to encourage yourself to walk include walking with friends, family or pets. Most large shopping centres have walking groups, where you can walk in air-conditioned comfort with like minded people.

With so many beautiful walking tracks around the Brisbane area you can be sure to always enjoy great scenery. As your fitness improves you’ll find yourself covering greater distances in shorter times and becoming less puffed when walking at speed or up hills. Don’t stop there! Keep setting yourself new goals and enjoy all that new found energy.

“Physio for kids in sport”

Exercise for Aussie kids is a hot topic, with our country realising that activity is the best defence against health problems for the next generation.

One common reason for kids not participating in sport is the fear of injury, usually on the child’s behalf by the parents. While there is potential for injury in most sports, even non-contact ones, the benefits far out weigh any risks.

Children’s bones and ligaments are still developing, and so sometimes react differently to injuries in adults. For example, children can fracture growth plates in their bones, which can sometimes lead to longer term problems if not diagnosed and treated correctly. However with *appropriate management*, long term health problems are *extremely rare*.

PhysioWorks can help with the correct treatment of your child’s sporting injury or pain. We understand the effect of exercise and injury on growing bodies. We can advise you on the most suitable exercise or sport and teach your kids techniques to minimise the potential for injury. So why worry? Get your kids into sport and watch them reap the benefits.

