



ISSUE #1
SEPTEMBER 2011

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INTRODUCING...

SPINAL RAP!

As respected clients and patients of [Walk-In Chiropractic Clinics](#), welcome to our exclusive e-newsletter service! Each month you will receive a new issue filled with seasonal tips, health & wellness advice and news from the world of chiropractics. Thank you for choosing us as your health & wellness specialists, the natural choice for health and pain relief – Enjoy! ☺

Sincerely,
Walk-In Chiropractic Clinics



'Back' to school

September has arrived, yet again, and the busy back-to-school season is upon us. For all students, this means going back to backpacks. Here are some tips for starting the school year with a healthy back:

- Make sure the backpack is no more than 15% of your child's weight
- Full backpacks with two padded shoulder straps and a waist belt will help to evenly distribute the weight – avoid shoulder bags or large purses as they can cause joint and muscle pain
- Help your child adjust the straps and belt to fit close to their frame

Following these simple tips will ensure your child is safe, comfortable and ready for success in the new school year!

[Click here to watch a video on healthy backs for back to school](#)

Footmaxx Feature

The fall weather still allows for regular outdoor exercise. An important thing to remember when being active is the strain on your ankle bones.

A sprained ankle can persist if not treated properly. [Lateral ankle inversion](#) can be avoided with the use of custom orthotics. Stay active but remember to treat your feet!

Take a work break

The fall season at work usually brings a new crop of tasks to complete. This also means spending more time at your desk. When working long hours, seek these tips to [keep your neck and back ready for the job](#):

- Make sure your computer screen is at the appropriate height (first line of text at eye level)
- Arrange the items on your desk so they can be reached easily
- Never hold the phone between ear and shoulder – operate the receiver with your hands or invest in a hands-free headset
- Adjust your chair so you are sitting up straight
- Take frequent walks and stretch breaks

FALL CLINIC HOURS

WEST CLINIC

1608 Tecumseh Rd. W.
519-258-9962
(Windsor Medical Centre-West)

Monday	8:00 AM – 5:00 PM
Tuesday	8:00 AM – 4:00 PM
Wednesday	8:00 AM – 5:00 PM
Thursday	8:00 AM – 5:00 PM
Friday	8:00 AM – 5:00 PM
Saturday	9:00 AM – 11:00 AM
Closed for lunch 1:00 PM – 2:00 PM	

EAST CLINIC

6720 Hawthorne Dr.
519-974-2211
(Windsor Medical Centre-East)

Monday	7:30 AM – 5:00 PM
Tuesday	7:30 AM – 5:00 PM
Wednesday	7:30 AM – 5:00 PM
Thursday	7:30 AM – 5:00 PM
Friday	7:30 AM – 4:30 PM
Saturday	9:00 AM – 11:00 AM
Closed for lunch 1:00 PM – 2:00 PM	

