

# A Back @ To Health

Colonial Chiropractic and Massage

Summer 2003

## Dr. Knight appointed to Chiropractic Physician Licensing Board

On July 31, 2003, Dr. Knight was appointed to serve as a member of the Chiropractic Physician Licensing Board of the Division of Occupational and Professional Licensing for an initial term beginning July 1, 2003 and ending on June 30, 2007. As a member of the Chiropractic Physician Licensing Board he is charged with important responsibilities relating to licensing and in protecting the interests of the people of Utah. Dr. Knight had been serving on the Chiropractic Physician Quality Control and Professional Standards Committee with an initial appointment on July 1, 1997 and reappointed on July 1, 2001.

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## Current Research Shows Chiropractic Superior to Acupuncture and Drugs for Chronic Back Pain

A randomized, controlled clinical trial just published in *Spine* reveals that chiropractic manipulation is superior to both drugs and acupuncture in the treatment of chronic spinal pain. The drugs used for the clinical trial were Celebrex, Vioxx, or paracetamol. The patients were evaluated with objective orthopedic and range of motion tests, as well as subjective pain questionnaires. One of the study's most remarkable findings was that patients using a general health questionnaire reported 47 percent improvement with chiropractic manipulation, 18 percent improvement for the medication group, and 15 percent improvement for the acupuncture group. In summary, Chiropractic spinal manipulation provided the best overall relief for chronic back pain. *Spine 2003;28:1490-1503.*

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## A BACK TO SCHOOL @

### IMPROPER USE OF BACKPACKS LEADS TO CHRONIC BACK PAIN

Backpacks have made it easy for many Americans to throw in everything but the kitchen sink without realizing they could be throwing out their backs. Millions of students are racing to the school bus or scurrying to their classes with overstuffed backpacks slung over one shoulder. At the same time, more adults have opted for lugging a backpack, rather than a briefcase, to and from the office. While carrying a backpack might seem harmless enough, it can cause some painful back and neck problems for people who don't pack or carry their backpacks properly.

Back pain is pervasive in our society. Eighty percent of all Americans will suffer from it at some point in their lives, and **50 percent of us will suffer from low-back pain this year alone!** Much of this suffering is brought on by bad habits initiated during our younger years B such as carrying overweight backpacks to and from school.

## What Can YOU Do?

1. Make sure your child's backpack weighs no more than 5 to 10 percent of his or her body weight. If the backpack is heavier, it will cause your child to begin bending forward in an attempt to support the weight on his or her back, rather than on the shoulders, by the straps.
2. The position of the backpack is important. The backpack should never hang more than four inches below the waistline. A backpack that hangs too low increases the weight on the shoulders, causing your child to lean forward when walking.
3. A backpack with individualized compartments helps in positioning the contents most effectively. When packing the backpack, make sure that pointed or bulky objects are packed away from the area that will rest on your child's back. An uneven surface rubbing against the back could cause painful blisters.
4. Keep in mind that bigger is not necessarily better. Parents should buy the best-designed backpack possible for their child. The more room there is in a backpack, the more your child will carry and the heavier the backpack will be.
5. It is important that your child wear both shoulder straps. Lugging backpacks around by one shoulder can cause the disproportionate shift of weight to one side, leading to neck pain and muscle spasms, as well as low-back pain.
6. Padded straps are very important. Non-padded straps are uncomfortable, and can dig into your child's shoulders.
7. The shoulder straps should also be adjustable so the backpack can be fitted to your child's body. Shoulder straps that are too loose can cause the backpack to dangle uncomfortably and cause spinal misalignment and pain.
8. If the backpack is still too heavy, talk to your child's teacher. It might be possible for your child to leave the heaviest books at school, and bring home only lighter hand-out materials or workbooks.
9. If your child continues to complain about back pain, consider an alternative to traditional backpacks and packs on wheels. More parents and children are realizing that the benefits of this safer way to transport books and other necessities to and from school or work.
10. Talk to your child about proper use of backpacks and help him or her to understand why this and other ergonomic issues are important. A child who is educated early in life on the importance of ergonomics can apply this knowledge later in life at home or in the office and will be happier and healthier as a result.

## Chiropractic Can Help.....

If you or your child experiences any pain or discomfort resulting from backpack misuse, call Dr. Knight. Dr. Knight is trained and licensed to diagnose and treat patients of all ages. In addition, Dr. Knight can prescribe exercises designed to develop strong muscles, along with instruction in good nutrition, posture and sleeping habits.

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## Honey and your health

You know honey is tasty. You may also know it contains small amounts of minerals and B vitamins. But did you know that honey heals wounds? Though antibiotics have replaced it in the doctor's bag, honey is still used to heal wounds that haven't responded to modern medicine.

It also can relieve constipation, speed healing, and prevent infections, according to the Honey Research Unit in New Zealand. And doctors at the University of Natal in South Africa found that when children with diarrhea caused by bacterial infection were given a honey solution, they recovered faster than with other treatments.

Honey's medical capabilities come because it's high in the natural sugar, levulose. It absorbs moisture in wounds, making it hard for bacteria to survive. Many honeys contain large amounts of hydrogen peroxide. And finally, some honeys contain propolis, a compound that can kill bacteria. In lab tests, honey put on seven types of bacteria killed all seven.

Raw honey has the most antibacterial power. High processing heat disables some of its protective compounds. Manuka honey, found in health food stores, is an effective treatment for ulcers.

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## Food For Thought

A man was choking on a chicken bone in a restaurant, and a doctor sitting at the next table came to his rescue. "What do I owe you?" asked the man when it was all over. The doctor replied "How about the amount you were ready to pay while the bone was still in your throat?"

We must of spent nearly a thousand dollars and a few hundred hours of labor on our backyard garden this season, but it was the best tomato I ever ate.

Golf is a lot of walking broken up by disappointment and bad arithmetic.

Prosperity is that short time between the final installment and the next purchase.

Some do Richard Simmons, Some do Jane Fonda, I do Sara Lee!

## **Would you Recommend Chiropractic Care to a Friend or Loved One?**

Who have you told today? When you tell a friend about chiropractic, you offer encouragement. When you tell a work associate about chiropractic, you offer direction. When you tell a loved one about chiropractic, you offer hope.

Encouragement. Direction. Hope. Each is part of the healing process. So when you tell others about the positive experience you've had in this office, you're using some of the same methods the best doctors use to promote the healing process.

Our biggest secret is how helpful chiropractic can be for youngsters, helping avoid so-called abnormal childhood health problems.

This office depends upon informed patients to share the chiropractic message with others. We're counting on you to dispel the myths and overcome the incorrect notions many of your friends or loved ones may have about chiropractic care.

If we can help, we will tell them. If their problem is outside the scope of our practice, we will refer them to other specialists.

A doctor is blessed by being a witness to each patient's return to health. You can experience the same joy by referring others.

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**Together We Make A Great Team**

**Call Today! 292-9857**

**[Visit our website at drjamesknight.com](http://drjamesknight.com)**

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