



# In Good Hands

A Free Monthly Newsletter For The Friends and Patients of Dr. Erik Bliss

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## Does Back Pain Go Away on It's Own? - Reference ACA

### What's New?

*Hope everyone had a great summer. It is hard to believe but I have been in practice 15 years. Come celebrate this anniversary with us. More information is enclosed in the flier. This issue has some great back to school health tips. Exciting news- I have been invited to serve on a committee to incorporate chiropractic care with Christ Hospital. I experienced flying by private jet from Lunken airport to speak at a seminar in Baltimore in June. Everyone could benefit from a monthly treatment for maintenance care so feel free to stop in for a tune up. I am always available for free consultations for any health questions to see if chiropractic can help any new or chronic injuries. Enjoy this newsletter and hope to see you soon.*

*God Bless, Dr. Erik*

Eighty percent of people suffer from back pain at some point in their lives. Back pain is the second most common reason for visits to the doctor's office, outnumbered only by upper-respiratory infections. Most cases of back pain are mechanical or non-organic, i.e., not caused by serious conditions, such as inflammatory arthritis, infection, fracture, or cancer.

### What Causes Back Pain?

The back is a complicated structure of bones, joints, ligaments, and muscles. You can sprain ligaments, strain muscles, rupture disks, and irritate joints, all of which can lead to back pain. While sports injuries or accidents can cause back pain, sometimes the simplest of movements for example, picking up a pencil from the floor can have painful results.

### Will Back Pain Go Away on Its Own?

Until recently, researchers believed that back pain will "heal" on its own. We have learned, however, that this is not true. A recent study showed that when back pain is not treated, it may go away temporarily but will

most likely return. The study demonstrated that in more than 33% of the people who experience low-back pain, the pain lasts for more than 30 days. Only 9% of the people who had low-back pain for more than 30 days were pain free 5 years later. Another study looked at all of the available research on the natural history of low-back pain. The results showed that when it is ignored, back pain *does not* go away on its own. Those studies demonstrate that low-back pain continues to affect people for long periods after it first begins.

### What Can I Do to Prevent Long-Term Back Pain?

If your back pain is not resolving quickly, call Dr. Bliss. Your pain will often result from mechanical problems that your doctor of chiropractic can address. Many chiropractic patients with relatively long-lasting or recurring back pain feel improvement shortly after starting chiropractic treatment. The relief they feel after a month of treatment is often greater than after seeing a family physician. Chiropractic spinal manipulation is a safe and effective for spine pain

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We would like to thank all those who refer others to our office for Chiropractic care!!

### August 2006

- Dr. Capurro
- Dr. Ortiz
- Dr Sallquist
- Dr Fleming
- T. Travers
- J. Evans
- K. McKenzie
- J. Stiles
- S. McCamley
- H. Conger
- D. Bliss
- M. Beam
- B. Kastin
- B. Barger

Special thanks to Sarah Robertson for newsletter help

*We are now accepting new referral patients!*

### INSURANCE NEWS:

**We are now members of the Anthem network since April, 06 and are entering new Anthem plans. Humana members-Humana is going to a recertification process for care in August of this year so keep us updated of your conditions as we will still be part of the Humana network. Medicare has very good chiropractic coverage that often covers 100%.**



## FAQ - Frequently Asked Questions

### 1. How Can I Prevent Back Pain?

- Don't lift by bending over. Instead, bend your hips and knees and then squat to pick up the object. Keep your back straight, and hold the object close to your body.
- Don't twist your body while lifting.
- Push, rather than pull, when you must move heavy objects.
- If you must sit for long periods, take frequent breaks and stretch.
- Wear flat shoes or shoes with low heels.
- Exercise regularly. An inactive lifestyle contributes to lower-back pain.

### 2. What Should I Tell Dr. Bliss?

Before any treatment session, tell your doctor of chiropractic if you experience any of the following:

- Pain goes down your leg below your knee.
- Your leg, foot, groin, or rectal area feels numb.
- You have fever, nausea, vomiting, stomach ache, weakness, or sweating.
- You lose bowel control.
- Your pain is caused by an injury.
- Your pain is so intense you can't move around.
- Your pain doesn't seem to be getting better quickly.

# Tips to Keep Your Young Athlete Healthy and Safe— Reference ACA

In today's age of health and fitness, more and more kids are involved in sporting activities. Although being part of a football, soccer or Little League team is an important rite of passage for many kids, parents and their children could be overlooking the importance of proper nutrition and body conditioning needed for preventing injuries on and off the playing field.

Highly competitive sports such as football, gymnastics and wrestling follow rigorous training schedules that can be potentially dangerous to an adolescent or teenager. Proper preparation, is necessary to avoid structural and physical development issues.

The best advice for parents who have young athletes in the family is to help

them prepare their bodies and to learn to protect themselves from sports-related injuries before they happen.

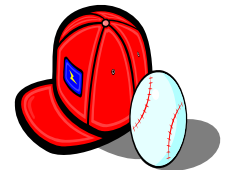
"Proper warm up, stretching and weight-lifting exercises are essential for kids involved in sports, but many kids learn improper stretching or weight-lifting techniques, making them more susceptible to injury," says Dr. Steve Horwitz, an ACA member from Silver Spring, Maryland, and former member of the U.S. Summer Olympics medical team. "Parents need to work with their kids and make sure they receive the proper sports training."

"Young athletes should begin with a slow jog to warm up the legs and arms and stretch all the major muscle groups," says Dr. Horwitz. "Kids involved in football, baseball, gymnastics and swimming should develop a routine that includes strengthen-

ing exercises for the abdomen, the low-back muscles, arms and shoulders."

Proper nutrition and hydration are also extremely vital. "A student athlete may need to drink eight to ten 8-ounce glasses of water for proper absorption. Breakfast should be the most important meal of the day. Also, eating a healthy meal before and after practice or a game allows for proper replenishment and refuels the body," adds Dr. Horwitz.

Young athletes today often think they are invincible. The following tips can help ensure your child does not miss a step when it comes to proper fitness, stretching, training and rest that the body needs to engage in sporting activities.



## Keys to Proper Sport Preparation

- Wear the proper equipment. Certain contact sports, such as football and hockey, can be dangerous if the equipment is not properly fitted. Make sure all equipment, including helmets, pads, and shoes, fit your child or adolescent. Talk to your child's coach or trainer if the equipment is damaged.
- Eat healthy meals. Make sure your young athlete is eating a well-balanced diet and does not skip meals. Avoid high-fat foods, such as candy bars and fast food. At home, provide fruit rather than cookies, and vegetables rather than potato chips.
- Maintain a healthy weight. Certain sports, such as gymnastics, wrestling and figure skating, require your young athlete to follow strict dietary rules. Be sure your child does not feel pressured into being too thin and that he/she understands proper nutrition and caloric intake is needed for optimal performance and endurance.
- Drink water. Hydration is a key element to optimal fitness. Teenage athletes should drink at least eight 8-ounce glasses of water a day. Younger athletes should drink five to eight 8-ounce glasses of water.
- Drink milk. Make sure your child has enough calcium included in his/her diet. ACA recommends 1 percent or skim milk for children over 2 years old rather than whole milk because of its high fat content. The calcium in milk is essential for healthy bones and reduces the risk of joint-and muscle-related injuries.
- Avoid sugar-loaded, caffeinated and carbonated drinks. Sports drinks are a good source of replenishment for those kids engaged in long-duration sports, such as track and field.
- Follow a warm-up routine. Be sure your child or his/her coach includes a warm-up and stretching session before every practice, game or meet. A slow jog, jumping rope and/or lifting small weights reduces the risk of torn or ripped muscles. Flexibility becomes a preventive key when pushing to score that extra goal or make that critical play.
- Take vitamins daily. A multi-vitamin and Vitamin C are good choices for the young athlete. Vitamin B and amino acids may help reduce the pain from contact sports. Thiamine can help promote healing. Also consider Vitamin A to strengthen scar tissue.
- Avoid trendy supplements. Kids under the age of 18 should avoid the use of performance-enhanced supplements, such as creatine. Instead, they should ask their coach or trainer to include weekly weight-training and body-conditioning sessions in their workout.
- Get plenty of rest. Eight hours of sleep is ideal for the young athlete. Lack of sleep and rest can catch up with the athlete and decrease performance. Sluggishness, irritability and loss of interest could indicate that your child is fatigued.

### Chiropractic Care Can Help...

Doctor Bliss is trained to treat the entire neuromusculoskeletal system and can provide advice on sports training, nutrition and injury prevention to young athletes.

# Backpack Misuse Leads To Chronic Back Pain - Reference ACA

Back pain is pervasive among American adults, but a new and disturbing trend is emerging. Young children are suffering from back pain much earlier than previous generations, and the use of overweight backpacks is a contributing factor, according to the American Chiropractic Association (ACA). In fact, the U.S. Consumer Product Safety Commission reports that backpack-related injuries sent more than 7,000 people to the emergency room in 2001 alone.

In my own practice, I have noticed a marked increase in the number of young children who are complaining about back, neck and shoulder pain. The first question I ask these patients is, Do you carry a backpack to school? Almost always, the answer is "yes"

This new back pain trend among youngsters isn't surprising when you consider the disproportionate amounts of weight they carry in their backpacks - often slung over just one shoulder. A recent study conducted in Italy found that the average child carries a backpack that would be the equivalent of a 39-pound burden for a 176-pound man, or a 29-pound load for a 132-pound woman. Of those children carrying heavy backpacks to school, 60 percent had experienced back pain as a result.

Preliminary results of studies being conducted in France show that the longer a child wears a backpack, the longer it takes for a curvature or deformity of the spine to correct itself. The question that needs to be addressed next is, "Does it ever return to normal?"

## What Can You Do?

- Make sure your child's backpack weighs no more than 5 to 10 percent of his or her body weight. A heavier backpack will cause your child to bend forward in an attempt to support the weight on his or her back, rather than on the shoulders, by the straps.
- 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.
- A backpack with individualized compartments helps in positioning the contents most effectively. Make sure that pointy or bulky objects are packed away from the area that will rest on your child's back.
- Bigger is not necessarily better. The more room there is in a backpack, the more your child will carry- and the heavier the backpack will be.
- Urge your child to wear both shoulder straps. Lugging the backpack around by one strap can cause the disproportionate shift of weight to one side, leading to neck and muscle spasms, as well as low-back pain.
- Wide, padded straps are very important. Non-padded straps are uncomfortable and can dig into your child's shoulders.
- The shoulder straps should be adjustable so the backpack can be fitted to your child's body. Straps that are too loose can cause the backpack to dangle uncomfortably and cause spinal misalignment and pain.

- If the backpack is still too heavy, talk to your child's teacher. Ask if your child could leave the heaviest books at school, and bring home only lighter hand-out materials or workbooks.
- Although the use of rollerpacks or backpacks on wheels has become popular in recent years, the ACA is now recommending that they be used cautiously and on a limited basis by only those students who are not physically able to carry a backpack. Some school districts have begun banning the use of rollerpacks because they clutter hallways, resulting in dangerous trips and falls.

## Chiropractic Care Can Help...

If you or your child experiences any pain or discomfort resulting from backpack use, call Dr. Bliss. He will use a gentler type of treatment for children. In addition, he can also prescribe exercises designed to help children develop strong muscles, along with instruction in good nutrition, posture and sleeping habits. *Our office carries specially developed backpacks that distribute the weight of the bag throughout the spine. They are called AirPacks. Please call to ask Steph or Bridgett to schedule your child for a fitting today!*



We are also available to speak to school groups about backpack safety. Sign up today!

## Backpack Safety Facts

"Heavy backpacks have a destructive impact on the posture and spinal health of children"

"Today's heavy loads are causing injuries that can last a lifetime.

55% of students carry more than the recommended guidelines of 10-15% of their body weight" *Simmons University April, 2001*

"66% of school nurses reported seeing students with pain or injury attributed to carrying backpacks" *AirPacks 2000*

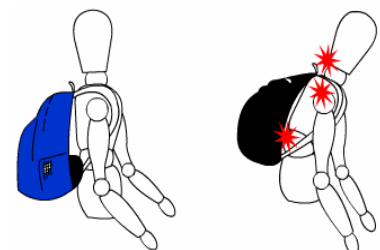
"Up to 60% of children will experience back pain by the time they reach 18." *University of Michigan*

"Over 50% of parents have expressed concern about backpack injuries to their children" *AirPacks 2000*

"National Public Radio reported that 65% of adolescents' visits to doctors are for backpack related injuries" *October 1998*

"The American Academy of Orthopedics stated that backpack injury is a significant problem for

children. 58% have seen patients complaining of back or shoulder pain related to backpacks. 65% have recommended that a patient modify the use of a backpack to improve or correct a back problem." *October 1999*



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***FEEL BETTER?  
REFER OTHERS!***

**We Are Now Accepting  
New Patients!**

Sept. 4 ***CLOSED*** - Labor Day

***Speaking Engagements***

Sept. 23 Dallas, Tx

Oct. 22 Chicago, IL

## SEE HEALTH COUPON INSIDE— FREE CONSULTATION— ...

.WHY CHOOSE BLISS CHIROPRACTIC?

1. Total referral practice for 15 years
2. In most insurance plans
3. Post graduate work in non-surgical Carpal tunnel and extremity injuries
4. Certified Chiropractic Sports Physician- 110 hr. post-grad training
5. Staff at Jewish Hospital and soon to be Christ Hospital
6. BS in Nutrition
7. Flexible and same day appointments with little or no wait time
8. Studying Acupuncture currently
9. State of the art physical therapy and rehab equipment
10. Treats young infants to elderly
11. Gentle techniques for everyone
12. Speaks to chiropractic groups on a national level.
13. Staff and Dr always going to seminars for up to date techniques and rehab
14. Has a medical network of Dr.'s massage therapist, attorneys if referral is needed.
15. Certified Disability evaluation for workers compensation and motor accident victims.
16. Friendly and caring staff and Dr. that will always put the patient first.
17. Dr. Bliss active in community with church and Anderson Chamber of Commerce.
18. Dr. Bliss is married with two young kids.
19. Dr Bliss played college football and work with sports trainers during college and currently works with local high school sports teams, local professional sports events, Broadway performers at the Arnoff center and musicians at Riverbend and US Bank arena. Dr. Bliss practices good nutrition, chiropractic, and works out regularly, and his goal is to help as many people as possible.

### Did You Know?

As we reach middle age, our muscles and bones gradually and progressively weaken. Performing strength exercises can counteract these effects. Particularly, increasing back strength may reduce your risk for vertebral fractures later in life, determines a recent study in the journal Bone. The study reveals the long-term effects of stronger back muscles on bone mineral density in the spine, which is a measure of bone strength. At the end of the two-year exercise program, back strength was significantly higher in the exercise group. And at the end of the eight-year study, both bone mineral density and back strength were significantly higher in the exercise group.

***At your next appointment, talk to us about ways to safely and effectively strengthen your back muscles!***