



*Performance For Life*

# NEWSLETTER

## Do You Know How To Prepare Your Child's Backpack Safety

Summer is finally coming to a close, which means back to school season is just around the corner! This can be both an overwhelming and exciting time, but in the midst of all the moving parts, it's important to think about a tool most students use everyday- backpacks.

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### ALSO INSIDE...

- Patient Success
- Healthy Recipe
- Backpack Strategies for Parents and Students
- Staff Birthdays & Work Anniversaries

# Set Your Child Up For Success With Backpack Safety

*<< Continued from Front Cover*

Backpacks distribute weight among the body's strongest muscles to carry school supplies, books, and personal belongings. Most of the time, backpacks are a great way to transport necessities and stay prepared for the school day.

However, when backpacks are not used correctly, it can result in problems for your children and teens. Injured muscles and joints caused by strain can lead to back, neck, and shoulder pain. Your child's posture may also be affected.

Thankfully, there are many simple measures you can take to ensure that your child is using their backpack safely.

It all starts with choosing the right backpack. If you're shopping for a new backpack this season, look for one that has two shoulder straps, a padded back, and wide shoulder straps. It's also important for a backpack to be lightweight. For even more protection, select a backpack that can roll.

When it comes to using the backpack, encourage your child to always use both straps. This helps with the distribution of the backpack's weight across the back. Another tip is to organize the contents of the backpack so that heavier items are lower and closer to the center.

Lastly, it's important to encourage your child or teen to communicate with you if they are experiencing any discomfort or pain as a result of their backpack. Talk to them about the importance of neck and back health, and remind them that you're their number one supporter.

If your child or teen does experience any back, neck, or shoulder pain, don't hesitate to contact Achieve Therapy & Fitness. Our team of experienced physical therapists can help them recover in no time!

*[Turn the Page to Read More >>](#)*



# Backpack Strategies for Parents and Students

<< Continued from Previous Page

Aching backs and shoulders? Tingling arms? Weakened muscles? Stooped posture? Does your child have these symptoms after wearing a heavy school backpack? Carrying too much weight in a pack or wearing it the wrong way can lead to pain and strain. Parents can take steps to help children load and wear backpacks the correct way to avoid health problems.

## Loading the backpack:

- A child's backpack should weigh no more than about 10% of his or her body weight. This means a student weighing 100 pounds shouldn't wear a loaded school backpack heavier than about 10 pounds.
- Load heaviest items closest to the child's back (the back of the pack).
- Arrange books and materials so they won't slide around in the backpack.
- Check what your child carries to school and brings home. Make sure the items are necessary for the day's activities.
- If the backpack is too heavy or tightly packed, your child can hand carry a book or other item outside the pack.
- If the backpack is too heavy on a regular basis, consider using a book bag on wheels if your child's school allows it.

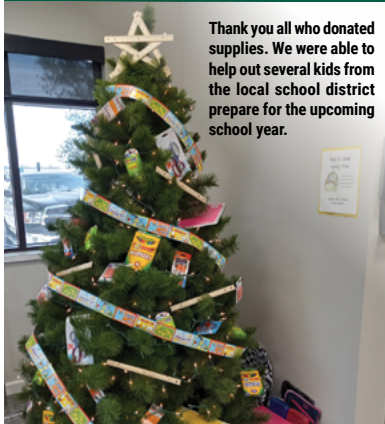
## Wearing the backpack:

- Distribute weight evenly by using both straps. Wearing a pack slung over one shoulder can cause a child to lean to one side, curving the spine and causing pain or discomfort.
- Select a pack with well-padded shoulder straps. Shoulders and necks have many blood vessels and nerves that can cause pain and tingling in the neck, arms, and hands when too much pressure is applied.



- Adjust the shoulder straps so that the pack fits snugly on the child's back. A pack that hangs loosely from the back can pull the child backwards and strain muscles.
- Wear the waist belt if the backpack has one. This helps distribute the pack's weight more evenly.
- The bottom of the pack should rest in the curve of the lower back. It should never rest more than four inches below the child's waistline.
- School backpacks come in different sizes for different ages. Choose the right size pack for your child as well as one with enough room for necessary school items.
- Only put items in your backpack that you need for the day.

## School Supply Drive



**Thank you all who donated supplies. We were able to help out several kids from the local school district prepare for the upcoming school year.**

## Patient Success

"I came to Achieve for a second opinion after 4 months of PT elsewhere with no relief or improvement. After a few weeks of treatment with Laurie Holte at Achieve, I was beginning to get some relief and some answers as to what was going on. She quickly determined that I needed to be treated globally and not just in one specific area, as was the prior approach. My pain was not from an injury and it was a mystery at first of what might be causing my issues. Laurie truly cared about my health and life quality and worked vigorously to help me. Through her methods of treatment I am now pain-free and leading a very active life again. Before I walked into Achieve I felt little hope that I would feel 100% again. After my first consultation I was extremely encouraged. Laurie and the staff were diligent in working me into an already very busy appointment schedule and I am very grateful for that. I have since referred several friends to Laurie Holte and the Achieve Therapy group." — **Stacey W.**





# Staff Birthdays & Work Anniversaries

## September Celebrations for Our Staff

### Staff Birthdays

Audrey Knutson – September 19th

### Work Anniversaries

Michelle Ellis – September 1st

Audrey Knutson – September 15th

We wish our staff a happiest birthday and celebrate their contributions to our patients and community!



## September Fitness Member of the Month

**Marilee is our September Fitness Member of the Month**

**Fitness centers you attend:** S. Columbia

**Favorite thing about Achieve Fitness:** I very much enjoy the nice staff, and all the new friends I have met.

**Favorite fitness class:** Balance class and walking on the treadmill.



## Staff Spotlights

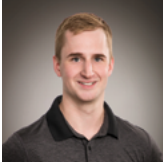
### Say Hello to Sara & Nick!

Achieve Therapy warmly welcomes Sara & Nick Hovde to the Achieve family. They are both natives of East Grand Forks, MN but currently reside in Grand Forks along with their fur baby Kilo. Sara is working at our East Grand Forks, MN location while Nick is at our Columbia Road office in Grand Forks, ND.



Sara enjoys spending time outside, actively hanging out with friends and playing an occasional round of golf. Her personal motto comes from Dory in Finding Nemo, and that is to "just keep swimming". Her goals in life are to continue learning and to help others in need.

Nick is a native of East Grand Forks, MN and resides in Grand Forks with his wife Sara and their dog Kilo. He is a 2022 graduate of the University of North Dakota where he earned his Doctorate in Physical Therapy (DPT). He is currently working in our East Grand Forks, MN location.



In his free time, Nick loves to be active. He enjoys weightlifting, watching sports and golfing. His personal motto is "Health is Wealth" and his goal in life is to be active in his community and to live & promote an active lifestyle.

## Healthy Recipe

### Eggplant Stir-Fry

#### Ingredients

- 4 eggplants (about 1 1/2 lbs)
- 5 tbsp canola oil/peanut oil, divided
- 2 tbsp hoisin sauce
- 2 tbsp reduced-sodium soy sauce
- 1 tbsp plum sauce
- 2 jalapeño peppers, cut into thin rings
- 1 small yellow onion, sliced into 1/4-inch wedges
- 2 tsp minced garlic
- 1 tsp minced fresh ginger
- 1 cup packed fresh basil leaves

**Directions** Cut eggplants into quarters lengthwise, then into 2-inch pieces. Heat 2 tablespoons oil in a large cast-iron skillet over high heat. Add half of the eggplant and cook, stirring occasionally, for 4-5 minutes. Transfer to a large bowl. Repeat with 2 tablespoons oil and the remaining eggplant. Cover the eggplant to keep warm and set aside. Whisk hoisin, soy sauce and plum sauce in a small bowl. Set aside. Heat the remaining 1 tablespoon oil in the skillet over high heat. Add jalapeños and onion; cook, stirring often for 4-5 minutes. Add garlic and ginger; cook, stirring often for 30 seconds-1 minute. Add the onion mixture and basil to the eggplant and stir in the sauce. Serve immediately.

<https://www.eatingwell.com/recipe/280383/easy-eggplant-stir-fry/>



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