

# SIMS CHIROPRACTIC CENTER

Sims Chiropractic Center • 3321 Toledo Terrace, Suite 303 • Hyattsville, MD • 20782

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## *Don't let office work be a pain in the neck.*

If you're not careful, slouching at a desk all day or tapping away at a computer keyboard can lead to painful and disabling strains in your wrists, shoulders, elbows, and back. Dr. Sims urges you to turn over a new leaf, and follow some simple advice that will make the year more enjoyable and less painful.

"We used to believe that occupations like construction caused most on-the-job injuries," said Dr. Sims. "However, someone who works at a computer is putting considerable stress on their wrists; shoulders, neck and spine, and this can cause some really painful work-place injuries."

Repetitive motion injuries like carpal tunnel syndrome have become increasingly prevalent in recent years, as more and more people spend long hours in front of a computer screen.

"Today, it's not just the administrative assistant who uses a computer," said Dr. Sims. "Most corporate executives spend their

work day in front of a computer, too. When the work day ends, many people go home and 'surf the net' for hours on their own PC's."

Carpal tunnel syndrome alone affects approximately 230,000 people every year and accounts for nearly half of all workplace illnesses, costing the country nearly \$800 million in health care benefits and rehabilitation. Other injuries include low back pain, postural and spinal stress, and tendinitis—conditions that can affect a person's work, as well as make life painful.

To reduce the possibility of suffering one of these painful and possibly disabling injuries, Dr. Sims suggests:

▶ Make sure your chair fits correctly. There should be 2 inches between the front edge of the seat and the back of your knees. Ideally, the chair should tilt back so you can rest while you're reading what's on the screen.

▶ Sit with your knees at approximately a 90 to 120-degree angle. Using an angled foot rest to support your feet



may help you sit more comfortably.

▶ Position your computer monitor so the top of the screen is at or below eye level, with adequate lighting and no glare.

▶ Keep your wrists in the neutral position, not angled up or down, while you type. A wrist rest can help.

▶ Take periodic stretch breaks.

"If you do suffer from strains or injuries on the job, see a doctor of chiropractic," urges Dr. Sims. ♦

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## PROTECT YOUR VISION FROM COMPUTER GLARE

If you spend a lot of time in front of a computer monitor, you should be taking proper precautions to keep your eyes healthy. Here are five tips:

☞ **Make sure your work station is adjustable.** This is especially important if you share your workspace with other people.

☞ **Keep office lighting to a minimum.** It's best to have a desk lamp to minimize the strain that a fluorescent light puts on your eyes—on top of computer glare.

☞ **Make sure you have annual eye exams.** If you spend a lot of time looking at screens, you're more susceptible to eye strains. It's important to visit your eye doctor regularly.

☞ **Take a lot of breaks.** Try to look away from your computer screen every 20 minutes to a half hour for about five minutes.

☞ **Shade windows to minimize glare on monitors.**

*The Doctor and Staff of Sims Chiropractic  
Center Wish you a healthy and happy Fall  
season!*



## BACKPACKS AND YOUR KIDS

Getting Back to School Can Be “*Back Breaking*” Work

Don't let a Heavy Backpack

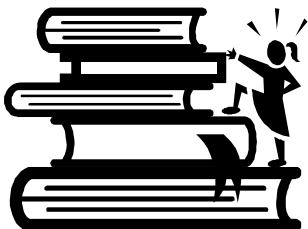
Ruin Your Child's Day.

### WHAT CAN YOU DO?

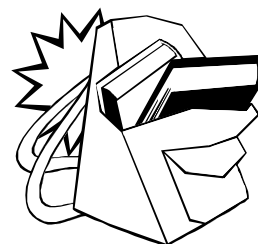
The American Chiropractic Association, its Council on Occupational Health, and Sims Chiropractic Center, LLC offer the following tips to help prevent the needless pain an over stuffed backpack could cause the student in your household. And now that backpacks have begun to replace briefcases in the work place, you too might want to follow this advice:

- / Make sure your child's backpack weighs no more than 5 to 10 percent of his or her body weight. The backpack 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.
- / A backpack with individualized compartments will help you position the contents most effectively and ensure that your child's sandwich isn't flattened by a heavy textbook.
- / When packing the backpack, make sure that pointy or bulky objects are packed away from the area that will rest on the child's back. An uneven surface rubbing against your child's back could cause painful blisters.
- / Tell your child to use both shoulder straps, not just one. A backpack slung over one shoulder disproportionately shifts all of the weight to one side, and can cause not only neck and muscle spasms, but also low back pain.
- / Padded shoulder straps are very important. Not only will they be more comfortable than non-padded straps, but they will also help prevent the straps from digging into your child's shoulders.
- / The shoulder straps should 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 misalignment and pain.
- / If the backpack is still too heavy, talk with your child's teacher. It might be possible to leave the heaviest books at school, and bring home only lighter handout materials or work books.
- / Talk to your child about the proper use of backpacks and help him or her understand why this and other ergonomic issues are important. A child who is educated early in life on these issues can apply this knowledge late in life (at home or in the office) and as a result, your child will be happier and healthier.

*Working together for the betterment of our children's health*



For More Information Call:  
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## 2008 DEDUCTIBLES

*Dear New Patient:*

*Hopefully this newsletter finds you well and enjoying good health, especially with 2008 just around the corner. However, if you have had a potential chiropractic problem, now would be a good time to have it addressed, since you've probably already met your deductible for this year. You should also know that if you have not been in to see a doctor between January 1<sup>st</sup> through October 1<sup>st</sup>, 2008, most insurance companies will apply any money you spend this year toward next year's deductible.*

*If you are in need of care and would like to save money, this would be a great time for you to stop by **Sims Chiropractic Center** to get your health problems corrected.*

### Make the most of your time



Don't think you have enough time to get everything done? Maybe it's because you aren't allocating your time effectively. You've heard all the advice, but here are some other pointers to consider:

***If you think you're the only one who can do it, delegate it.*** We often fall into the trap of thinking we're the only ones that can get a particular task done. Most of the time, we're wrong. Delegate the task, outline the standards that must be met and then ask what the person needs to get started.

***Get your hands out of your mail pile.*** Always do your most important work first. When you get to your mail, follow the standard advice: file it, give it to someone else, take action on it right away or throw it out.

***It takes money to save time.*** Time really is money. Spend the extra dollar to save time. Buy an organizer. Delegate.

***Get out of the office.*** Working all the time just increases your stress level and makes you more inefficient. You need balance for other things, like a movie or a family activity. ♦



### SHARE THIS NEWSLETTER WITH A FRIEND

Each new day about 10,000 Americans try chiropractic care for the first time. Some have only minor complaints. Some suffer from the pain and misery of serious health problems, injuries, and maladies. Some turn to chiropractic as a last resort.

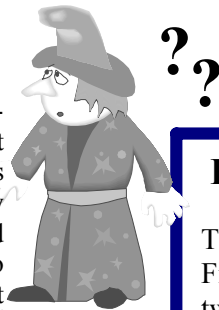
Still, despite this groundswell-demand for modern chiropractic, *many persons in need of chiropractic care more than anything else in the world*, put off trying this safe, painless, drugless health care method because they aren't sure what chiropractic is and how it works.

How regrettable! It's bad enough to be ill or in pain, but to also be unfamiliar with the very method that might help. . .well, that's tragic. . .especially when chiropractic is so close at hand.

*Thank You*

*for referring your  
Friends to Sims Chiropractic Center!*

# TRICK OR TREAT?



Treat yourself to the good feeling of being in excellent health with chiropractic care. Chiropractic uses the body's own powerful self-healing mechanisms to achieve health. **With proper nutrition, exercise, sleep, and a properly functioning spine, the body easily overcomes many health problems.**

Tricking your body into thinking it feels good by masking the symptoms of poor health with aspirin, other pain killers, or drugs only covers up the symptoms temporarily leaving the cause of the pain unresolved.

Years ago chiropractic discovered that many painful conditions could be relieved by adjusting misaligned vertebrae back into alignment. Since then it has grown into the 2<sup>nd</sup> largest health provider principal because it works for so many people.

Chiropractic care helps your body keep itself healthy. **Our office is dedicated to improving your health and maintaining it at its peak.** ♦

## Experience the Gift of Good Health

This certificate entitles all new patients to receive First Day Chiropractic Services during the next two weeks for only **(\$50.07)** Expires 12/7/07.

**\$50.<sup>07</sup>**

Introductory Offer!

### Sims Chiropractic Center, LLC

*Our Introductory Special Includes:*

- ♦ A Consultation/Case History
- ♦ Spinal Exam ♦ Initial X-rays
- ♦ Report of Findings

A **(\$ 350.00 )** value. Excludes worker's comp, auto, and P.I.

**CALL TODAY!**  
**(301) 853-7467**

**Good for  
2 Weeks  
Only!**

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