

ISR Physical Therapy Newsletter



EXCESS BAGGAGE

May, 2010



Women may understandably have a particular fondness for handbags, but their attachment to this fashion accessory should not blind them to the potential health hazard they pose. The fact is that increasing numbers of women are experiencing neck pain and headaches that can be traced to the weight of the handbags they carry and the manner in which they carry them. Bags for women are now heavier and have longer straps that require extra leverage, which places the neck, shoulders, and back at risk for added stress. At the very least, women are urged to distribute the load as evenly as possible while assuming an upright posture that keeps the head and shoulders aligned properly.

The American Chiropractic Association has set a standard that a handbag should weigh less than 10 percent of a woman's weight. Consider distributing the contents of your handbag between two smaller bags, and then carry one bag in each hand. You can also try to carry fewer items but have a second bag at the office. For example, have an extra bag of cosmetics at your office or leave your gym clothes in a locker.

PS.... Many women's handbags weigh seven to ten pounds or more when loaded, which is a significant amount of weight to carry unevenly on the shoulders.

Coming in June, Houma East Side Location.



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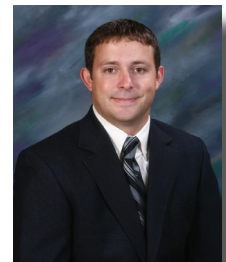
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"No Excuses, Just Results!"



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