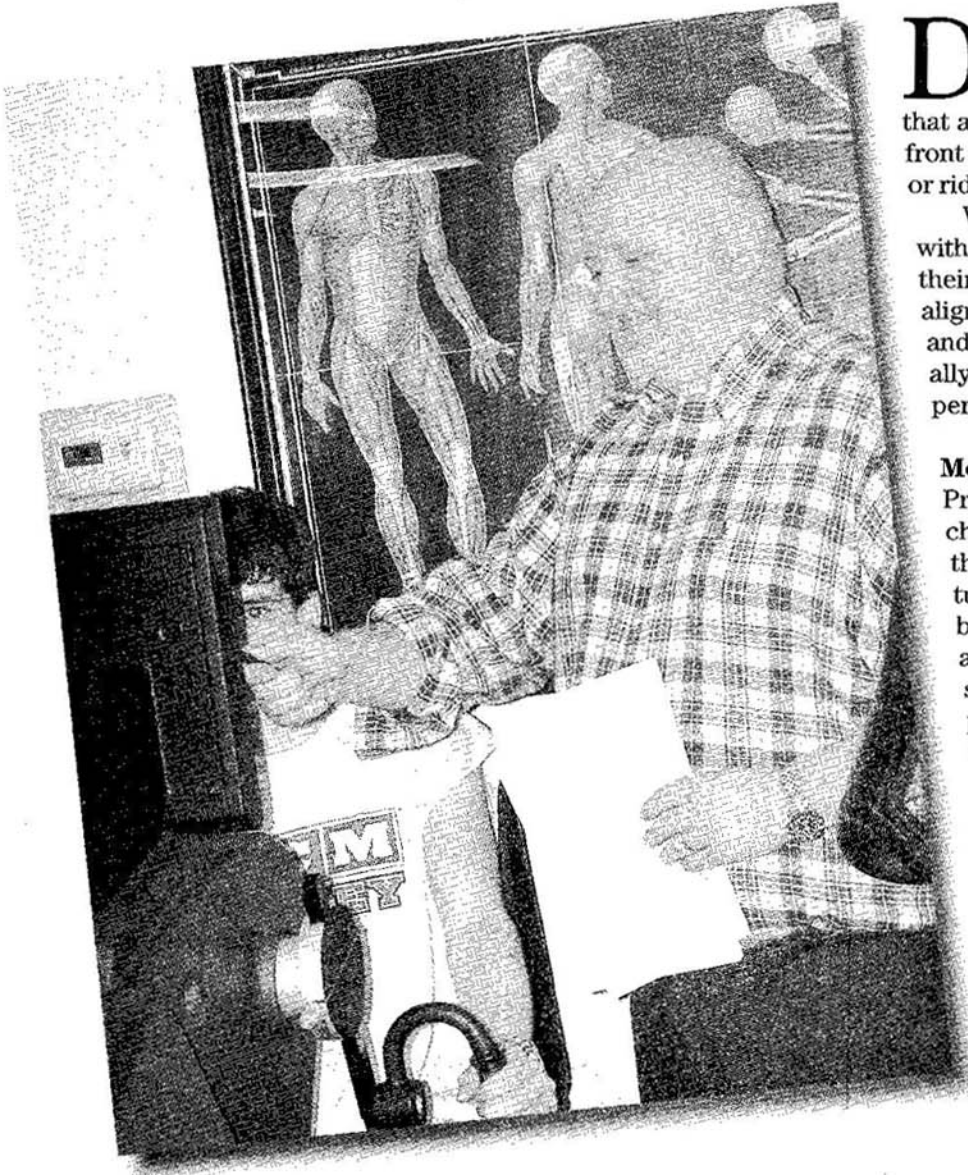


# IS YOUR KID IN A SLUMP?



## "Straightening Up" Has a Lot of Benefits!

By Donald J. Novak, P.T.

**D**o you notice your child walking or sitting with a slump? It's a common problem with today's more sedentary lifestyles that are filled with hours of sitting at school, in front of television, computers and video games, or riding to and from a host of lessons.

Watch a baby at play or a toddler running with glee. Their paths may not be straight, but their back and neck position is likely perfectly aligned. As toddlers grow through childhood and into their teen years, their posture gradually declines, so that, as adults, up to 70 to 80 percent of us have poor posture!

### More than appearances

Proper posture is about more than your child looking his or her confident best – although that is important, too. Good posture is key to good health because it means bones are properly aligned, muscles, joints and ligaments are working the way they're supposed to, and vital organs are properly positioned. On the other hand, the affects of poor posture can include:

- Headaches—especially at the base of the skull
- Jaw pain, also known as TMJ disorder, is often influenced by a forward head position
- Decreased lung capacity—we become shallow breathers when in a slumped position
- Stomach and digestive problems
- Prolonged shortened muscles can lead to loss of range of motion and increased stress on ligaments and joints
- Kids may be setting the stage for low back pain that shows up in adulthood

### *Make good posture a family affair*

With so many people walking, standing and sitting improperly, how do we know what good posture looks like? Proper posture occurs when the bones behind your ears, your shoulders, and your hips and ankles are perfectly aligned when you are viewed from the side. In addition, your shoulders and hips should be level when viewed from the front or rear.

Get your kids to stand in front of a mirror to see how they compare to the ideal. Make this a family exercise by doing this yourself, and asking them to rate you! Taking photos with a digital camera can help all of you get instant feedback and a realistic viewpoint of how others see you.

Now, to obtain good posture in a seated position, arch your low back inward as far as it will comfortably go and then relax the position by about 10 percent. Once in this position, align your ear over your shoulder and that will give you proper sitting posture.

Don't be surprised if the resulting position doesn't feel comfortable at first.

You'll be stretching muscles that have tightened up over time, and strengthening muscles you haven't used in years.

#### Look at causes of poor posture

Getting your child—and yourself—to “straighten up” may be much easier said than done. But the first step should be to take a good hard look at your child or children to see if there are factors other than too many hours in front of the television, computer or video games that may play a role. For example:

- A sprained ankle or other type of injury that was not properly rehabilitated could cause your child's body

Is Your Kid in a Slump? *continued on page 48*

## Weekday Nursery School

## Kid Connection



**Weekday Nursery School**  
Half day classes for 3 & 4 year olds  
Small class size

**Kid Connection and Kindergarten Day Care Program**  
Before and After School Program for Grades K-5  
Serving Walkersville & Glade Elementary  
*Fully licensed by Child Care Administration*  
Walkersville United Methodist Church  
22 Main Street, Walkersville

For information call  
**301-845-4282**



**amber hill**  
PHYSICAL THERAPY, INC.

*the recognized leader in personalized health care since 1985*

**Early a.m., eve.  
& Sat. hours!**

## Amber Hill Physical Therapy Offers a Full Range of Services!



**As the area's oldest and most respected practice, we bring you the finest in physical therapy services in Frederick County.**

**Ask your doctor about making us your clinic of choice:**

- Experienced, caring therapists provide personalized treatment & education programs.
- We are specialists in a wide range of orthopedic, sports and automobile injuries.
- Therapists trained in women's health and wellness issues, plus neurological problems.
- Special programs for treating childhood and adolescent posture issues.
- We accept and are "In-Network" with most insurance plans, which is a savings for patients.
- New patients are seen within 24 hours in private treatment rooms.
- Spanish-speaking & ASL-trained therapists available.

**Frederick**  
**301-663-1157**  
187 Thomas Johnson Dr., Ste. 6  
Frederick, MD 21702

**Jefferson**  
**301-473-5900**  
4014 Mountville Rd.  
Jefferson, MD 21755

**Damascus**  
**301-253-0896**  
9701 New Church St., Ste. 3  
Damascus, MD 20872

[www.amberhillpt.com](http://www.amberhillpt.com)

*Amber Hill Physical Therapy is owned and operated by Donald J. Novak, PT*

## REAL PEOPLE, REAL LIFE, REAL FAITH



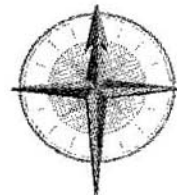
STAFFED NURSERY AGES 0-3  
KID'S MINISTRY AGE 4 - 5TH GRADE

## FAITHPOINT UNITED METHODIST CHURCH

Office:  
**301-473-7181**  
[www.faithpointum.org](http://www.faithpointum.org)

**SUNDAYS,  
10:00 AM**

Meeting at the  
Maryland Sheriff's  
Youth Ranch  
Rte. 80 W off 270 Urbana  
exit, 3mi, Ranch on Right



**FAITHPOINT**  
A UNITED METHODIST  
FAITH COMMUNITY

4. **Maintain a healthy weight.** Excess weight, especially abdominal weight, stresses the lower back.
5. **Use a lumbar roll.** Make a lumbar roll by rolling up a towel and rubber banding it together. This "home-made" roll allows for greater flexibility—if it's too large, use a smaller towel and vice versa. First, push your bottom all the way to the back of the chair. Place the lumbar roll at approximately your belt line between you and the back of the chair. This should give you the inward curve position of less 10% that was discussed earlier in the article. You should be able to relax your muscles more and still maintain good sitting posture.
6. **Get a firm mattress.** Make sure your kids—and you—sleep on a good firm mattress that provides needed support. Also, sleep on your side with a pillow between the knees, or on your back, with a pillow under the knees.
7. **Get your child a backpack on wheels, or help them lighten their loads.** Kids frequently carry around more books than they need to avoid having to make trips to their lockers, or because they don't plan ahead. Help your child to keep their backpack or book bag loads to a minimum by leaving unneeded materials at home.
8. **If injured, get therapy quickly.** Finally, if your child is injured, make

sure the injury is properly rehabilitated before further problems develop. Your physical therapist can recommend a personalized treatment program that minimizes long-term effects and helps your child's body stay properly aligned.

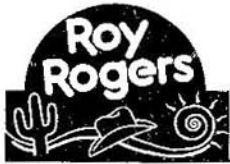
Helping your child develop the habits that lead to good posture may seem like "one more thing to worry about," but, like regular dental care, it can pay big dividends in the long run—for the whole family! **FC**

*Donald J. Novak is the owner and operator of Amber Hill Physical Therapy with clinics in Frederick, Jefferson and Damascus.*

Looking for a **GREAT JOB**  
With a **QUALITY COMPANY?**

Great...because we're looking for you!!

**Roy Rogers Restaurants** has career opportunities in our Frederick, Montgomery and Washington County locations. We need enthusiastic, energetic, career-minded individuals with at least 2 years supervisory experience and/or a college degree. Previous restaurant experience a plus!



Mail, fax or e-mail your resume to:  
The Plamondon Companies  
4 South McCain Drive, Frederick, MD 21703  
E-mail: Kellyw@plamondon-cos.com • Fax: (301) 695-5066 • EOE

**What we have to offer you:**

- \$1,000 Signing Bonus!
- Competitive Salaries
- Two Weeks Paid Vacation
- Personal Days
- 401(k)
- Tuition Reimbursement
- Medical/Dental/Vision
- Short Term/Long Term Disability Insurance
- Management Development Training
- Relocation Package!

**CHURCH of the BRETHREN  
LEARNING CENTER**

A Ministry of Frederick Church of the Brethren

**Developmental Programs**

for 3 year old & 4 year old children

- Morning or afternoon sessions
- Licensed by Child Care Administration



**KINDERGARTEN**

- All Day and Half Day Classes  
Reading, Phonics, Math, Science, Thematic Centers, Bible Class, Spanish, Music, Computer Lab, P.E., etc.
- Fully Accredited by the Maryland State Dept. of Education

"Where little hands do BIG things"

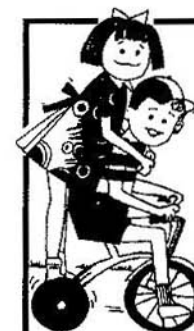
201 Fairview Ave., Frederick, MD 21701  
301-662-4730 • www.coblc.org

Pre-School  
through  
Grade 12

Before- and  
After-School Care  
AVAILABLE

For More Information:  
6642 Carpenter Road  
Frederick, MD 21703  
(301) 473-8990

**Frederick  
Christian  
Academy**



**Brook Hill  
Weekday  
Preschool**

**(301) 662-2232**

Offering a developmentally appropriate program for physical, social, emotional & intellectual growth.

Morning & afternoon classes for three and four year olds.

Call for information about the 2005-2006 school year.

Accredited by NAEYC