

Physio News

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BACKPACKS: Causing a pain in the back?

Carrying an overloaded backpack or wearing one improperly can lead to poor posture, overstretching of the soft tissue and unnecessary strain on muscles and joints in your spine. Children are particularly vulnerable to injury. They are growing and developing, and harmful strain on their bodies can adversely affect their health.

The physical strain of carrying heavy loads can result in:

- Harmful strain to the muscles and ligaments of the back. Leaning to one side can result in an adaptive curve in the spine. Leaning forward may affect the natural curve in the low back, and increase the curve of the upper back and shoulders.
- Spinal compression and/or improper alignment that may hamper the proper functioning of the spinal discs.
- Stress or compression to the shoulders and arms. When nerves are compressed it can cause tingling or numbness in the arms. Reduce strain by using and fitting a backpack properly. We recommend the following features in your backpack:
- **Padded back** – to reduce pressure from the contents of the backpack
- **Padded, contoured, shoulder and chest straps** – to help reduce pressure and balance the weight. Look for a backpack with thickly padded adjustable shoulder straps (2 inches wide). The bottom of the pack should sit two inches above your waist
- **Waist belt or hip strap** – to help distribute some of the load to the pelvis and the large muscles of the legs.
- **Compression straps** – to help stabilize and compress the contents of the backpack. Place the heaviest books closest to your back.
- **Use both shoulder straps to help distribute the weight of the pack evenly and promote a normal posture.** Using one strap loads the entire weight of the bag over one shoulder. Over time, leaning to one side can result in lower and upper back pain.
- **Make sure the backpack isn't too heavy.** When choosing a backpack, look for one made of lightweight materials. A full backpack should never weigh more than 15 per cent of your body weight. If you can't carry your backpack and talk without getting out of breath, you're carrying too much.

Teach children how to wear a backpack Properly. Look for the following warning signs:

- Pain when wearing the backpack;
- Tingling or numbness in the arms;
- Red marks on the shoulders.

Physiotherapists are healthcare professionals who help people of all ages maintain their desired level of physical mobility. With their applied knowledge and understanding of the human body, physiotherapists are able to help you to increase your mobility, relieve pain, build strength and improve balance and cardiovascular function. Physiotherapists not only treat injuries, they also teach you how to prevent the onset of pain or injury. Our Physiotherapists can provide you with a thorough assessment to evaluate the cause of your pain. The treatment we provide will often consist of manual or hands on therapy, specific exercises and the use of pain relieving modalities (Ultrasound, Acupuncture).



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372 Queen Street
519-853-9292

333 Mountainview Rd. S.
905-873-3103

www.eramosaphysio.com

Continued from pg. 29 Sunday, August 26

Bruce Trail hike: Level 2 hike— 10-12 km on the main trail and side trails of Hockley Valley. Depart at 9 a.m. from the parking lot between Zellers and the grey medical building. Bring lunch and water. Leader: Maureen, 905-873-9757 mosmith@cogeco.ca

Acton Golf Classic: Registration begins 6 a.m. with 7 a.m. shotgun tee-off. Entry fee, \$85, (includes 18 holes, golf cart, steak dinner). Late entries will be accepted. All proceeds will go to the Canadian Diabetes Association. To register: Jordan Burton at 905-876-5377 or actongolfclassic@hotmail.com

Music in the park: every Sunday, 6-8 p.m. at the gazebo in the Old Seed House Garden in Dominion Gardens Park. An evening of music, 50s-60s, country and oldies. Bring your lawn chairs. Info: Jim, 905-873-0310.

Monday, August 27
Preschool registration: Maple Co-operative Nursery School located in Cedarvale Park still has openings available for preschool programs— children, ages 2 1/2 to 5 for morning or afternoon. Info: 905-873-7322.

Toastmasters: Does the thought of public speaking terrify you? Whether you are speaking to an audience of one or one thousand, Halton Hills Toastmasters can help. Please join us 7:30-9:30 p.m. at St. Alban's Parish hall, 537 Main St. in Glen Williams. Info: Judi, 519-853-1856 (evenings/weekends) or www.haltonhillstm.org.

Bridge anyone?: Georgetown Bridge Club



NOTICE OF A PUBLIC MEETING

WARD 2

Concerning Applications to Amend the Town of Halton Hills Official Plan and Zoning By-law and a related application for a Plan of Subdivision.

For lands legally described as Part of Lot 21, Part of Village Lots 22, 23, 24, and 25, and All of Village Lots 19, 20, and 21; Being Part of Lot 12, Concession 11; Town of Halton Hills.

Town of Halton Hills File: D09/12/14 Georgetown Estates (Village Villas).

General Committee for the Town of Halton Hills will conduct a Public Meeting to examine and discuss proposed applications to amend the Town of Halton Hills Official Plan and Zoning By-law and the related application for a Plan of Subdivision. The applications apply to the lands legally described as Part of Lot 21, Part of Village Lots 22, 23, 24, and 25, and All of Village Lots 19, 20, and 21; Being Part of Lot 12, Concession 11; Town of Halton Hills. The subject site is approximately 3.133 hectares (7.74 acres) in area and is located on the south side of Highway 7 (Guelp Street) at the western edge of the Norval Hamlet Area.

Below is a map showing the location of the subject property to which the proposed Official Plan Amendment, Zoning By-law Amendment, and Draft Plan of Subdivision would apply.

The purpose and effect of the proposed applications are to permit the establishment of a 13 lot residential subdivision at the site. The Official Plan Amendment (OPA) is proposing to change the designation of the north part of the subject site from "Hamlet Area" to a site specific "Hamlet Residential Special" designation. The OPA would set the maximum permitted density at 16.5 residential units per hectare (6.7 units per acre).

The subject property is zoned "Rural" (RU) and "General Residential" (RG) by By-law 74-51. The applicant is requesting to change the zoning of the subject property to site-specific "General Residential - Special" (RG-1) and "Inherent Hazard Lands-Special" (OS2-1) Zones.

The Official Plan Amendment and Zoning By-law Amendment would facilitate the creation of a draft plan of subdivision to permit a 13 lot residential subdivision.

Community Calendar

offers afternoon and evening games for players of all levels, beginner, intermediate and advanced. Info: Tom, 905-877-7486.

TOPS-Acton: meets Mondays at St. Joseph's Church, Church St. E. Weigh-in: 6-7 p.m. Meeting until 8 p.m. Info: Ena, 519-853-1526.

Celebrate Recovery: a Christ-centred 12-step recovery program at Georgetown Alliance Church, 7 p.m. Meetings are open to all. Info: Doug, 905-873-0249 or cr@agrowingfamily.org

Alcoholics Anonymous: If you live in the Halton /Erin area and would like help to STOP drinking. Meetings held throughout the week. Call Alcoholics Anonymous at 1-866-715-0005.

Al-Anon Family Group meetings: for families and friends of alcoholics on Mondays, 1:30 p.m. (One Day at a Time Group, St. Joseph's Catholic Church, 64 Church St., Acton), and Wednesdays, 8 p.m. (Acton Al-Anon Family Group, Trinity United Church, 70 Mill St., Acton). Info: 1-888-425-2666.

Tuesday, August 28

Region of Halton Dart League: Registration night to be held at the Knights of the Round Table, 79 Main St. S., Georgetown, 7-8:30 p.m. Non-refundable membership fee of \$45 per player is due. Teams must sign a minimum of eight players (maximum of 12) to be included in the league. New players and teams are welcome to join. Info: Michael Pepper, 905-877-8848.

Calling New Parents: is a free program for parents and babies (six months and under). Each week, the group with a public health nurse will discuss parenting and infant care. Groups in Acton or Georgetown, Tuesday afternoons. Info: 1-866-442-5866 or www.halton.ca.

TOPS-Georgetown: at St. Andrew's United Church, Tuesdays; weigh-in 6:30 p.m. and get together, 7:30 p.m.

Wednesday, August 29

Bruce Trail hike: Level 1— 5 km hike on local trail. Depart 9:30 a.m. from the parking lot between Zellers and the grey medical building. Bring lunch and snack. Stop after the hike at a local establishment. Leader: Maureen, 905-873-9757 mosmith@cogeco.ca

Kittens adoption: Upper Credit Humane Society will be at Wal-Mart-Georgetown, 6-9 p.m. with kittens ready for adoption to approved homes. The \$140 fee includes spaying/neutering, first set of shots, deworming, micro-chipping and tattooing. The kittens vary in age, only those that have had their surgery and shots may be adopted and taken home directly from the store. Please bring your cat carrier. Info: Cyrie Parker, 416-904-2811.

Thursday, August 30

Limehouse euchre: Limehouse Women's Institute hosts euchre, 7:30 p.m. at the Limehouse Memorial Hall. Admission \$3, lunch.

Parkinson support: North Halton Parkinson support group meets at Georgetown Seniors Centre, 7:30 p.m. Info: Zeger, 905-702-9855.

Awana Kids' Club to re-start in Sept.

Awana Kids' Club is offered to children from JK to Grade 6 and is hosted by Maple Avenue Baptist Church. If you are interested in joining, registration night will take place on September 12, 6:30-7:30 p.m.

There will be no club meeting for the kids on registration night. The first club meeting will take place on September 19, 6:25-8 p.m. For more information, please contact Ed Egberts, 905-838-4644 or Heather Stiff, 905-873-9549.

CREDIT PROBLEMS?

NEED WHEELS? WE CAN HELP.

QUICK CONFIDENTIAL APPROVAL

- Bankrupt (Discharged or Un-discharged?)
- In credit counselling or proposal?
- New Immigrant/Refugee?
- Too Young/Too Old? • No established credit?

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Georgetown Cinemas 3

235 Guelph Street 905-873-1999

Playing the week of August 24 - August 30

NANNY DIARIES (PG - Parental Guidance: language may offend)
 Fri & Sat at 2:00, 7:00 & 9:10 pm, Sun to Thurs at 2:00 & 7:00 pm

UNDERDOG (G - General)
 Fri & Sat at 2:15 pm

RUSH HOUR 3 (PG - Parental Guidance: violence, not recommended for young children)
 Fri to Thurs at 7:30 pm

BOURNE ULTIMATUM (14A - Violence)
 Fri & Sat at 9:20 pm

SUPERBAD (14A - coarse language, substance abuse, crude content)
 Fri & Sat at 2:30, 7:15 & 9:30 pm, Sun to Thurs at 2:30 & 7:15 pm

SPECIAL ADMISSION PRICES:

Friday & Saturday Adults \$6.50 evenings, Children / Seniors \$4.20, Matinees & Sundays Thru Thursday all Seats \$4.20

Please email comments to: ibtsl@bellnet.ca



ALL INTERESTED CITIZENS ARE WELCOME.

Further information is available in the Planning Department, Town of Halton Hills, 1 Halton Hills Drive, Halton Hills, Ontario L7G 5G2, or contact the Planner assigned to the file, David VanderBerg at 905-873-2601, ext. 2214. A copy of the related Staff Report will be available on Friday, September 14, 2007 on the Town's website at: <http://www.haltonhills.ca/calendars>.

DATE/TIME: Monday, September 17, 2007 @ 8:30 p.m.

LOCATION: Council Chambers, Civic Centre

FILE NOS: D09/12/14 Georgetown Estates & Village Villas

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