

CHIROPRACTOR

Q

Can my purse be causing my back problem?



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ANSWER: Yes!!! Most women's purses are too big and too heavy. This can definitely be causing or contributing to your back problem. I can remember when I was a child and my mother lost an umbrella in her purse. It was a compact umbrella but the fact that she could lose an umbrella in her purse is the reason I have never forgotten it. Purses are just too big and you can put too much stuff in them. They are too heavy for anyone to be carrying around with them all day long. All that weight is pulling down on your shoulder and spine. It puts excessive stress and strain on your neck, shoulder, upper back and low back. Over time this alters biomechanics (the way bones interact/articulate with each other) and lead to degenerative changes of the spine as a result of the abnormal stress and strain. Please consider a smaller purse or at least go through your purse and get rid of anything that is not necessary.