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Kids & Good Posture

Children and Correct Posture...Are You Aware of the Hidden Risks at School?

ROCHESTER, N.Y. - Each day when we send our children off to school, we hope that they'll learn well from their teachers, make new friends, and select healthy foods in the cafeteria. However, according to the American Chiropractic Association (ACA), most Americans are not considering a variety of hidden risk factors our kids face every day in their school environment.

A troubling new study published in the journal *Spine* reveals an **urgent need for health promotion programs to increase awareness and reduce risks** in the school environment, such as heavy backpacks, desks and chairs that don't fit their users and an absence of physical activity during recess.

“Standing up straight is important for everyone, but at no time is it more crucial to develop the habits of good posture than in childhood,” said Dr. Frank Grayson, Chiropractor at Grayson Chiropractic Associates. “Many adults with chronic back pain can trace the problem to years of bad posture habits or injuries in childhood.”

This ACA is urging school administrators, teachers, and parents' organizations to more closely examine these unexpected dangers lurking in our schools. Specifically, the ACA

recommends that parents and schools become more aware of the **risks associated with heavy backpacks, improper computer ergonomics and physical inactivity**.

There are some simple ways to protect your children from the unsuspecting risks they could be facing each day.

Backpack Safety

Young children are suffering from back pain much earlier than previous generations, and the use of overweight backpacks is a contributing factor. ACA offers the following tips to help prevent the needless pain that backpack misuse could cause the students in your household:

- Make sure your child's backpack weighs no more than 10 percent of his or her bodyweight. A heavier backpack will cause your child to bend forward in an attempt to support the weight on his or her back, rather than on the shoulders.
- A backpack should never hang more than four inches below the waistline. A backpack that hangs too low increases the weight on the shoulders, causing your child to lean forward when walking.
- Urge your child to wear both shoulder straps. Lugging a backpack around by one strap can cause a disproportionate shift of weight to one side, leading to neck and muscle spasms, as well as low-back pain.
- The shoulder straps should be adjustable so the backpack can be fitted to your child's body. Straps that are too loose can cause the backpack to dangle uncomfortably and cause spinal misalignment and pain.

Computer Ergonomics

At least 70 percent of America's 30 million elementary school students use computers, according to a recent New York Times article. As a result, many children are already suffering from chronic pain in the hands, back, neck and shoulders, as well as repetitive motion injuries (RMI) such as carpal tunnel syndrome. ACA suggests the following to help reduce the possibility of your child suffering painful and possibly disabling injuries:

- Make sure that your child's workstation chair fits him or her correctly. There should be two inches between the front edge of the seat and his or her knees. The chair

should also have arm supports so that elbows rest within a 70- to 135-degree angle to the computer keyboard.

- Your child's knees should be positioned at an approximate 90- to 120-degree angle. To accomplish this, feet can be placed on a footrest, box, stool or similar object.
- Limit your child's time at the computer and make sure he or she takes periodic breaks during computing time.

Physical Activity & Nutrition

Childhood obesity has reached its highest level in 30 years. Contributing to this trend is the fact that American children are exercising less and eating less healthy foods than ever before. ACA recommends the following to help combat this growing problem:

- Because physical inactivity is a risk factor for obesity, children should participate in at least 30 minutes of physical activity each day.
- Make sure your kids are getting plenty of rest. Eight hours of sleep is ideal for children. Sluggishness, irritability and loss of interest in school or physical activity could indicate that your child is fatigued.
- Avoid serving your child carbonated soft drinks. Instead, children should try to drink five to eight 8-ounce glasses of water each day.
- Make sure your child is eating a well-balanced diet and does not skip meals. Avoid providing high-fat foods, such as candy bars and fast food. At home, offer fruit rather than cookies, and vegetables instead of potato chips.

Chiropractic Care Can Help

If your child complains of pain and strain from sitting at a computer or from wearing a heavy backpack, see a doctor of chiropractic. A doctor of chiropractic can help alleviate your child's pain and help prevent injury. A doctor of chiropractic can also offer advice on lifestyle changes to keep your little one fit and healthy.

"Maintaining good posture is a way of doing things with more energy, less stress and less fatigue," Dr. Grayson explained. "It is never too late to change our behaviors in an effort to improve our posture."

Grayson Chiropractic Associates (GCA) is a provider of general and subspecialty chiropractic care that serves the greater Rochester metropolitan area. The practice consists of two chiropractors - Dr. Frank L. Grayson and Dr. Daniel F. Grayson - and two licensed massage therapists. Grayson Chiropractic Associates specializes in the following: general neck and arm pain; lower back pain associated with sciatic nerve disorders, sports injuries, automobile accidents; back pain due to poor ergonomic environments; as well as treatment and exercise programs related to poor posture. The practice is located on Rue de Ville in Rochester , N.Y.

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