



MONTHLY WELLNESS BULLETIN

School Days: Tips for a Healthy Back

Pencils, books, laptops and a mountain of textbooks: That's what most people think of when they hear "back to school." But that's just the beginning. Keeping your child healthy throughout their school years requires parents to do a bit of homework too! Fortunately for you, InMotion has everything you need to educate yourself on back care and its array of related topics--

Ergonomics for Kids?

We've all heard of ergonomics at the work-place, so think about what makes up your child's "work-place." Ergonomics are just as important in the classroom as they are at the office. Slumping over a school desk (like slumping over a work desk) can lead to musculoskeletal issues such as subluxation, and an increased likelihood of osteoarthritis as an adult. What your child learns now is what he/she will practice when they get older.

Clearly, students are spending more and more time at computers/laptops.

The following guidelines are designed for computer use inside and outside of the classroom.

- Sit up straight with feet flat on the floor or on a footrest. The footrest is very important for the younger child because the home/classroom usually has a universal chair for everyone.
- Keep arms level with the table and wrists straight
- Sit close enough to the keyboard to eliminate stretching but far enough away to avoid leaning.
- Tap the keyboard lightly, don't pound. This is a simple but very important.
- Place the mouse within easy reach of the dominant hand. Also, holding the mouse loosely, don't squeeze.
- Place the monitor at eye level, 16 to 24 inches away.
- Take a short break every 20 minutes and get up and move around. This is beneficial to the whole body.
- Exercise your eyes frequently. Look away from your computer and focus on distant objects.



Backpacks 101 • An over-stuffed backpack heavy? According to information from your body weight is what should go into your pounds, you should only let them carry 12 be evenly distributed by wearing both shoulder Improper use of backpacks can also trigger backpack and length of time carried can head posture increases when carrying a type of pressure leads to straightening of the osteoarthritis, headaches and neck pain.



can result in serious injury. How heavy is too Backpack Safety, "A maximum of 15 percent of backpack. That means if your child weighs 80 pounds or less." The weight of the backpack should straps to prevent injury during movement. neck and shoulder issues. The weight of the influence neck and shoulder posture. A forward backpack, especially one with a heavy load. This normal curve of the neck – a condition linked to

Footwear 101 • Platform shoes and skimpy footwear may be fashionable, but they are not what the doctor ordered. Shoes that don't provide adequate support can throw your entire skeleton out of alignment. When the foot is held in an improper position, excessive force is placed on the knee joint during standing, walking or running. Quite often, one knee receives a disproportionate amount of force compared to the other, setting it up for injury. Misaligned knee joints can trigger a shift in the placement or a subluxation of the pelvis, which is at the base of the spine. Here are a few tips when buying shoes:



- Make sure your child has plenty of wiggle room for his or her toes.
- Bring along fall and winter weight socks when shopping for shoes.
- Never buy a shoe for your child to "grow into."
- Avoid hand-me-down shoes if at all possible.
- Check the length from the longest toe. This may or may not be the big toe.

Call InMotion today to have your child or yourself evaluated: 314.644.2081