

Don't let school become a pain in the back

Chiropractor calls for greater awareness on heavy backpacks and spinal health problems

Sydney, Feb 28, 2019 ([IssueWire.com](http://www.IssueWire.com)) - As children head back to school across the country, Sydney chiropractor Dr Rosemarie Jabbour (Chiropractor) would like to remind parents and guardians that heavy, poorly fitted and over-packed school bags may lead to spinal health problems in children.

Dr Jabbour (Chiropractor) advises parents that spinal health and postural problems may go unnoticed for some time. It pays to be posture aware and to ensure children are as comfortable as possible when they head off to school.

"School bags fully packed with heavy textbooks, tablets, lunch and stationary can place excessive pressure on young, developing bodies and the spine. It's known that carrying heavy loads may increase the risk of back and neck pain," Dr Jabbour (Chiropractor) said.

Dr Jabbour (Chiropractor) has been a chiropractor in Parramatta for over 25 years and knows that carrying heavy loads is a common cause of lower back pain and injury.

"I see it all the time - people carrying heavy loads, using incorrect lifting technique or straining under the weight of overpacked bags - it's a common cause of injury, especially if your posture is slightly off in the first place," Dr Jabbour said.

If you are worried about your child's backpack weight, here are a few lifestyle and backpack modifications tips:

Six simple tips for wearing a backpack:

- 1) Make sure the backpack is the right size for your child, no wider than their chest and no lower than the hollow of their back
- 2) Pack the heaviest items closest to the spine i.e. the back of the backpack
- 3) Look for a design with a moulded frame on the back, that when adjusted fits their spine
- 4) Always use waist and shoulder straps
- 5) Prioritise comfort and fit over style, trend and colour
- 6) Don't overload the bags, or consider leaving items at school on different days of the week

According to the Australian Chiropractors Association, up to 300,000 patient visits are made to Australian chiropractors every week. Chiropractic care is concerned with the diagnosis, management and prevention of mechanical disorders of the musculoskeletal system, and the effects of these disorders on the function of the nervous system and general health.

Chiropractic is a low-risk profession with an enviable safety record in Australia, a result of evidence-based care delivered by five-year university educated healthcare professionals.

For more information on maintaining a healthy spine, please visit the website of the Chiropractors'

Association of Australia at www.chiropractors.asn.au or New World Chiro at www.newworldchiro.com.au.

Media Contact

Dr Rosemarie Jabbour (Chiropractor New World Chiro)

rosemarie@newworldchiro.com.au

+612 9687 4011

10/103 George St Parramatta NSW 2150

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