

## Good Posture in Children is Important

### Top Tips:

- Buy the right size bag - suit the bag size to your child's size.
- Buy canvas rucksacks not leather bags - they're lighter and mould to your child better.
- Pack the bag correctly - pack the heavier items closer to your child's back to avoid back strain & keep drinks in bottle holders outside the bag to avoid spillage.
- Don't overload the bag. It should weigh less than 10% of their body weight. Encourage your child to only carry essential items and leave the rest in their locker or desk.
- Lifting the bag - teach your child to lift the bag with a straight back, bending at the knees.
- Make sure the bag sits above your child's waist rather than hanging low and sitting on the hips.
- Advise your child not to sling their bag over one shoulder but to wear on both shoulders - straps should be tight enough to hold against the body.
- Encourage your child to stand up straight when carrying the bag.
- Advise your child to take the bag off when they do not need to carry it.



### Did you know?

Many studies show that 30% of school age children have back and neck pain. (1)

Pain is commonly caused by bad posture or a heavy, badly fitting rucksack.

### Other Ergonomic Problems for Children

#### Computer Games

Children can develop 'Video Gamers Thumb', swelling at the base of the thumb or pain in the wrists, forearms and shoulders, due to overuse of video games. Back pain can also occur if they sit cross legged in front of the computer or slouched on the sofa.

#### Top Tip for any Prolonged Activity

Set a timer for 30 minutes and make them take a break. This means changing position and getting blood flowing to the muscles.

#### Bad Chairs and Desks

Buy a child sized chair or put a pillow behind their back, or stool under their feet. The best option is a height adjustable chair.

**Advise your child if they feel discomfort that it is a sign to make a change**

# What can Physiocomestoyou offer?

- Checks on your child's rucksack and advice on improvements that can be made at their home or school
- Checks of your child's home desk set up
- Checks of pupils and staff school desk set ups
- Treatment of children & staff experiencing pain at their home or school
- Provision of sports assessments of children - ensure sporting technique the optimum to prevent injury and pain developing
- Interactive posture workshop presentations to groups of children at school

“ The posture workshop was fun and I learnt how to hold my rucksack properly.  
(Tim, aged 8)

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## What do we provide?

- Paediatric physios who are able to come to your child's home, school or nursery
- First appointments within 24 hours
- All of London within M25 covered and extending nationwide
- Weekend and Evening appointments available
- No need to arrange child care or take them out of school
- Affordable fees



## Contact us

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or call on 020 7884 0374

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