

Back To School Advice On How To Protect Your Child's Spine Health



Summer is coming to its end and it is time for your children to go back to school. A lot of excitement is building up, but it also comes with possible threats to your child's spine.

Children need to learn to protect their spinal health for the sake of a pain-free and healthy life. One part starts at the chiropractor, but the rest are found in these suggestions to keep their little spines healthy and happy all year long!

Choosing the Right Back Pack For Your Child

Sure, your child may love that Frozen backpack or want that awesome Teenage Mutant Ninja Turtles backpack, but is it really the right backpack for them?

You have to find a backpack that will fit your child and be kind to their spine. You can do this by buying a backpack that has these characteristics:

- It is lightweight and fits snugly against the body.
- It is made of canvas or vinyl.
- It has two wide, padded straps for the shoulders, as well as a waist strap.

Alas, a quality backpack is only as good as the way it is actually packed. When packing your child's backpack, you should make sure to:

- Put the heaviest things as close to the back as possible, close to their body.
- Put bumpy or odd-shaped things (those 354 boxes of tissue you have to buy, for example) should not be packed against the body.

- Keep the weight of their backpack at less than 10 percent of their body weight.

Who knew backpacks could be so complicated?

The Importance Of Classroom Posture

It is more important than you may think to have the “posture talk” on how your child needs to properly sit at their school desk. Many children sit at their desks slumped or hunched over, looking down at what they are working on or reading.

While this can not always be avoided, it is a good idea to make them aware of the fact that if they can limit the amount of time hunching down, they will prevent their backs and necks from future injuries.

When they sit in this bad posture for long periods, they are putting themselves at risk for back and neck pain or discomfort – and they are far too young for that.

To sit correctly at a desk they should:

- Have their feet flat on the floor.
- Keep their shoulders relaxed.
- Sit with their back against the back of the chair.
- Keep their ears over their shoulders and their chin tucked slightly down.
- Keep any screens (or books) at eye level.

You have to remember that even young children can be negatively impacted by poor desk posture, which can affect their whole future, so it is never too early to give them this talk.

Start Slowly With Physical Fitness

If your child is a sports enthusiast who took a break over the summer, they will need to remember to slowly condition themselves to get back into the game. Children have this crazy idea that they have no limitations. Though their bodies do tend to be a bit more flexible than an adult’s that does not mean they should not take the time to ease back into physical activities.

Make sure they:

- Take extra time to warm up – at least 10 to 15 minutes.
- Take time to stretch after they finish exercising.
- Keep their workouts reasonable for their skill level, age, and physical fitness.
- Do a lot of activities in order to keep repetitive injuries away – kids need to try different things as they undergo muscle development as they grow.

Of course, your friendly Bayridge- and Chelsea neighborhood chiropractor is always ready and willing to help your child feel their best, so if you have questions or concerns, you may want to bring them up with Dr. Adam Nachmias – Nachmias Chiropractic during your next visit.

Take advantage of our Back To School campaign and get huge discounts on chiropractic and massage. Valid until October 21, 2017. Check it out and claim your discount here: <http://calldradam.com/chiropractic-deals/>

To book an appointment with Dr. Adam Nachmias, call any of our offices:

Brooklyn: 718-238-8900

Manhattan: 212-924-1700

Or book online: <http://calldradam.com/contact/book-online/>

Ensure A Healthy Spine For Your Child With Nachmias Chiropractic!