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SCHOOL CHILDREN LARGELY AT RISK FOR SPINAL INJURIES

A recent study showed 51% of Australian students suffer from preventable lower back pain, which prompted Chiropractors to call on parents and teachers to help minimize the numbers of children needlessly suffering from this condition.

Dr, Laurie Tassell, National President of the Chiropractor's Association of Australia said, "Parents and children need to be better educated on the effects of playground injuries and poor posture on growing spines."

Because children spend hours sitting in the classroom and at computers, they should be taught correct posture techniques to protect their spine from damage.

Tassell added that parents and teachers should also be aware that serious injury may result just as easily on the playground and that unless these injuries are addressed, their child may suffer long-term and recurring back problems throughout their adult years.

Tassell recommends having children and parents educated through Chiropractic, where correct posture techniques can be demonstrated and children can be shown how to take care of their spine.

According to Tassell, children with back problems will more likely suffer from these same problems as adults, but this can be minimized with regular Chiropractic check-ups.

SOURCE: www.caa.com.au/media/info.