

## Good Old School Days?



*How many hours do your children spend sedately studying?  
How long do they sit in front of the TV or computer?  
How do they carry their school bag and is it too heavy for them?*

**I**t is possible that a number of habits may influence the effectiveness of your students study time and their long-term physical development – even if they aren't complaining of problems or symptoms.

Research in a secondary school revealed that 83% of the children demonstrated significant postural problems and over 50% required immediate spinal care, corrective exercise and lifestyle adjustment.

There were a number of factors contributing to such a large number of students with unacceptably poor posture.

**School bags** that are badly designed and carried in an inappropriate manner have a direct impact on spinal development.

**Highly inactive and sedentary lifestyles**, exacerbated by long study periods, the use of computers and television, particularly over an extended period of months and years all lead to postural and physical development issues.

**Poor nutrition** and inadequate fluid intake along with insufficient rest leads to problems with a students ability to concentrate.

Even though the student may not complain of pain or symptoms the body is being put under undue stress and could be developing long-term postural issues.

If at any stage a student complains of tension in their shoulders, a sore neck, headache, or of always feeling tired this is a strong indication that a spinal subluxation could exist.

These stresses on the body can make it difficult to concentrate and study. If a student is free of spinal subluxations it will allow their body and mind to develop and perform to its full potential.

A posture check should be undertaken even if students don't complain of pain or symptoms.

*Bad study habits can affect the long term spinal development of students.  
A chiropractic postural and spinal assessment can easily determine whether there are any problems and how they can be corrected.*