MEDIA RELEASE

17 January 2017

As parents begin preparations to send children back to school, Australian chiropractors would like to remind them that heavy, poorly fitted and packed backpacks may lead to spinal health problems in children.

Chiropractors' Association of Australia (CAA) President Dr Andrew Lawrence, advises parents that spinal health problems can often go unnoticed. However, poor posture, back pain or "growing pains" need not become an accepted part of everyday life for your child.

"When choosing a backpack for your child, choose one that allows for even distribution of weight across the back. Otherwise the backpack can place unhealthy stress on a child's spine."

School can be a challenging time for any child, so ensuring they are as comfortable as possible is important for their physical and mental development.

Dr Lawrence said, "Despite the increased use of technology in schools, schoolchildren still overload their backpacks with textbooks, sports and other gear or simply do not wear them correctly."

Five simple tips for wearing a backpack:

1. Pack the heaviest items closest to the spine
2. Make sure to do all the zips up
3. Secure the sternum, waist and compression straps
4. Always use both shoulder straps
5. Don't wear the backpack below the hollow of the lower back

There are up to 300,000 patient visits to Australian chiropractors each 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.

- ENDS –

Media Contact: Ariel Tate | 0431 048 390 | communications@caa.asn.au