



Chiropractic Care : Pilates : Yoga :
Sports Massage : Pregnancy Care :
Back Care

Shoreham 
Chiropractic
Clinic 01273 461 155



School rucksacks - 5 top tips

- 1** Keep it light. Make sure you know what your child is taking to school with them, check that all the items in their bags are essential for the day's activity. Avoid unnecessary excess weight.
- 2** Choose the right bag. A rucksack is the best option as long as it is carried over both shoulders and the straps are adjusted so that the bag is held close to the back and weight is evenly distributed. If your child has a one-shouldered bag, make sure they carry it across the body and alternate which shoulder they carry it on.
- 3** Footwear is key. Make sure your child has good footwear; soft-soled shoes that are supportive and have a good grip will make it easier for the child to carry a school bag.
- 4** Get checked. If you are concerned about the health of your child's spine or their posture, get it checked by one of our chiropractors. The earlier problems are detected the easier they are to resolve through, advice, exercise or treatment.
- 5** Exercises. Take a look at this great video on exercises your child can do to improve posture: www.chiropractic-uk.co.uk/straightenup

Call Shoreham Chiropractic Clinic on 01273 461 155
for your FREE posture and spine check.

