

GOOD POSTURE TIPS – from our Physio mums

Healthy Footwear

Tips for buying healthy footwear:

1. Look for a STIFF HEEL
2. Check for TOE FLEXIBILITY
3. Select a shoe with a RIGID MIDDLE.
4. Select a shoe with support under the ARCH.

DO YOUR CHILD'S SHOES "MAKE THE GRADE?"
TAKE THE 1 • 2 • 3 TEST

1 LOOK FOR A STIFF HEEL
Press on both sides of the heel counter. It shouldn't collapse.

2 CHECK TOE FLEXIBILITY
The shoe should bend with your child's toes. It shouldn't be too stiff or bend too much in the toe box area.

3 SELECT A SHOE WITH A RIGID MIDDLE
Does your shoe twist? Your shoe should never twist in the middle.

Brought to you by **stride rite**.

Schoolbags

Buying a lightweight backpack with adjustable padded straps is the key to your children avoiding a sore back. "A bag that is too big for the child, or that has not been adjusted to fit correctly will hit against the child's bottom as he or she walks," the Irish Society of Chartered Physiotherapists has warned.

Children are advised to put the heaviest items close to their backs as this means less strain on the spine and to only carry what they need. They should also use both straps to prevent "shoulder shrug"



How can we reduce the risks?

- Reduce the load-ensure the school bag weighs no more than 10% of your child's weight.
- Clean out the school bag regularly removing any unnecessary items.
- Wear backpack close to the spine – pack the heaviest items nearest to your child's back.
- Children must wear both straps at all times.
- Adjust the fittings on the school bag ensuring the weight is being carried evenly over both shoulders.
- Buy the right kind of backpack.

Correct Ergonomics

- Both feet flat on floor
- Knees , hips and ankles at 90 degree angles
- Chair pulled in under the desk.
- Shoulders relaxed
- Wrists and hands resting lightly on the desk.
- Neck balancing lightly on top of the spine and in the middle of the body.

Importance of Good Sitting Posture

Start with Stability

In therapy we talk about the **90-90-90 rule**. This means that when seated at a desk, we want to ensure the following:

- Feet flat on the floor 90 degrees at ankles
- Knees bent at 90 degrees
- Hips at 90 degrees

