

# Posture Perfect

## *Getting Kids to Straighten Up*

With your children recently back to school, we feel that it's an ideal opportunity to bring attention to the importance of good posture for your children and the vital role posture plays in their health and development. Simply put, good posture insures good balance.

Proper posture insures an even distribution of the heavy loads the spine must endure. An even distribution of this weight will minimize the strain exerted upon the supportive structures of the spine. Poor posture in children can develop in many ways. Imitating parents whose posture is not up to par and laziness are but two reasons. A third is based upon the misconception that training a child to stand with his or her chest out and stomach in is the only

Good posture is the combination of this plus the correct positioning of the lower back and pelvis in addition to proper positioning of the head and neck. Teenage boys who feel self-conscious when they suddenly grow to new heights tend to slouch in order to appear less conspicuous. Young girls whose breasts are starting to form sometimes tend to hunch their shoulders and round their backs in an attempt to hid embarrassment over their emerging womanhood.

The results of poor posture in childhood and adolescence can be found in the adults who visits our office for relief from spine-related problems. There is no good substitute for good posture and the habits of proper posture start at an early age. When considering all the pain, stress, fatigue and tension that emanates from poor posture, we must emphasize to all parents that the amount of effort you invest in insuring that your child stands straight and tall is as important as any investment you will make in your child's healthy future.

A chiropractor can help alleviate your child's pain and help prevent injury. A doctor of chiropractic can also offer advice on life-style changes to keep your youth fit ad healthy. As experts in the health of the spine, chiropractors can diagnose weaknesses that may be developing in your child's spine before they become more serious problems down the road.