

# SOUTHPORT PHYSIOTHERAPY CENTRE

## Summer 2018

### Back to School Basics

#### Some helpful tips to make going back to school easier!

Preparing to go back to school after a long needed break away can be somewhat overwhelming when organising all your books and stationery, purchasing a new backpack and a new pair of shoes. However, in the midst of the back-to-school rush, you may forget about your health and safety. Correct posture and body support promotes good health as well as a healthy mindset all year round.

#### School Shoes

Purchasing a pair of school shoes can be stressful. When considering what item to purchase, make sure to think practical. These shoes will be worn at least five times a week and will have to withstand running, jumping, mud, water and plenty more.

When purchasing your items, consider this:

Do they have a supportive sole?

Is there sturdy protection around the ankle?

Do I need inner sole padding to ensure the soles of my feet are supported?

Do these shoes really fit my feet?

#### Backpack

Backpacks are a handy item that enables you to carry your school supplies from A to B. However, when choosing your backpack there are a few points to consider, ensuring your back is supportive and you aren't slouching your way through school.

Size: When purchasing a backpack, consider its size comparison to yourself. Too large a backpack can cause bad posture (slouching).

Weight: Try not to overfill your backpack, heavy weight can cause significant strain in your back, neck, hips and legs.

Straps: Adjusting the straps of your backpack can be one of the most important things to do. Tightening the straps to the correct length can avoid a strained back and neck.

#### Studying

For most people, studying is an essential factor when succeeding in the classroom. There are however, a few crucial reminders when studying for both long and short periods of time.

Lighting: Ensuring that your workspace is properly lit helps your eyesight, posture and concentration.

Posture: Bad posture is a common occurrence when studying. As time goes on and your concentration dwindles, you begin to slouch your shoulders and drop your head. Bad posture can cause headaches/migraines and shorter study time.

Chair Height: The height of your chair can be a key component in creating an ergonomic workspace. When sitting on your chair, put both feet flat on the ground (shoulder width apart) and adjust your chair until your knees are on a 90-degree angle.

Time: Your study timeframe is important to both your schooling and your health. Every 30 minutes to an hour, you should take a break, walk around, have a drink of water and correct your posture before beginning again.



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***The bad news is  
time flies.***

***The good news  
is you're the  
pilot.***

Michael Altshuler

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