



## EASE YOUR CHILD BACK TO SCHOOL WITH CHIROPRACTIC CARE

School is back! Well almost. How time flies.

Maybe this is the very start of school for your child. Either way, here are some physical considerations of how to ease back into school and let's start from the ground up.

### School shoes:

1. A good pair of school shoes need to fit well. Avoid buying a pair two sizes too big that "he can grow into". Any school aged child is still developing posture, gait and motor skills, which becomes a real challenge if the fit is wrong.
2. A flexible sole. The foot has 26 bones with more articulations and muscles than one can count. A stiff, rigid sole prevents normal movement and activation of the anatomical structures. See how your child's foot can move.
3. Minimal heel lift. The shoe should be as neutral heel to toe as possible. This promotes a normal gait pattern and posture.
4. Wide toe-box. Avoid pointed shoes but chose a pair with room for the toes. When the toes can spread fully, like when we are barefoot, the intrinsic foot muscles (muscles in the foot) can work and remain strong.
5. Exercise shoes for physical education should follow the same rules as above with fabric (netted top) that allows for heat to escape the foot.





### Schoolbag

Most schools issue schoolbags as part of the uniform, hence there may not be much choice of which one to get. If your school offers the Chiropak, that's your best choice. It is made by Spartan with design advice and endorsement from the ACA (Australian Chiropractors Association). Using the waist belt to distribute the load to the pelvis makes a world of difference.

Bring in your child's schoolbag on your child's checkup visit and let us help with the best fit whatever the kind of schoolbag you choose.

Packing the schoolbag correctly and putting it on and off ergonomically will make a real difference to the load on the body during 13 years at school.

### School is not all about academics:

Children learn a million lessons through being active in sports. The great feeling of moving, learning a new skill, winning & losing and camaraderie to name a few. Studies tell us, that a positive attitude around junior sport is good for participation as well as staying in sport long term.



### Get ready for sitting by sitting less

It is a really big change for your child to be sitting for hours and hours after a long summer break of beach days and physical activities.

Walk with your child to and from school or park the car at a walkable distance if possible. Most highschool children will also have the opportunity to get themselves to and from school by bus or train. The added movement to and from as well as socialisation is so very good for them, and their parents!

Young and teenage children alike will benefit from normal sleep routines the week leading up to school start.

See you for a checkup before school!