

## Exercises:

### Bridges

This exercise helps to strengthen muscles in lower back and glutes which are important for good posture.

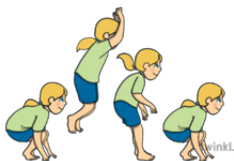


When breathing in, lift bum and drive towards the sky. Hold for 3 seconds, then slowly lower back to ground whilst breathing out. Repeat 8-10 times, once a day.

### Frog Jumps

This exercise is a fun way to strengthen muscles in your core and legs.

Start by crouching down, then jumping up like a frog and landing with knees bent. Repeat this 8-10 times once a day.



### Downward Dog Pose

This exercise helps to strengthen core, hips and shoulders. Also helps to stretch tight muscles in the back of the legs.

Start by going on your hands and knees, then bring hips up and head down. Remember to breathe when completing this exercise. Hold this position for 15- 30 seconds



### Cat Cow Pose

This exercise helps to relax neck, shoulder and spine.

Start by going on your hands and knees, when breathing in, drop your stomach towards the ground. When breathing out arch your spine like a cat and tuck chin into chest. Do this for 30-60 seconds once a day.



For further information please go to the following website:

<https://www.ergonomics4kids.co.uk/downloads.html>

Don't forget to change position and move about if you are sitting for long periods of time

**For more information:**

**Children's Physiotherapy**

**Department:**

West Ham Lane Health Centre

84 West Ham Lane

Stratford

London

E15 4PT

# CHILDREN'S PHYSIOTHERAPY



**Posture**

### What is good Posture?

- Good posture is the safest and most efficient positions of the joints and limbs of a person's body for movement and function
- Good body posture occurs when: the curves of your spine are in natural alignment, your chest is open and shoulders are back in a relaxed position, and your head is naturally balance

### Scale of the problem

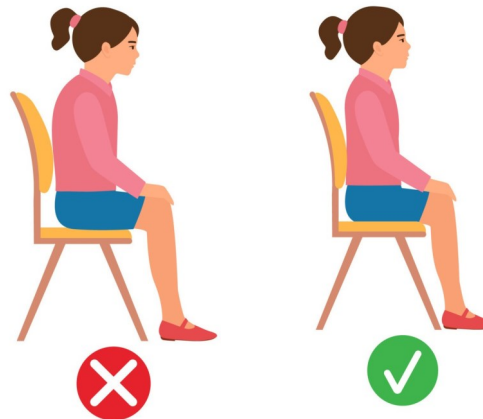
- 72% of primary school children have suffered with back or neck pain in the past year
- 64% of secondary school children have suffered back or neck pain in the last year
- This leads to time lost in school, lost time playing sports, low self-esteem and poor concentration

### What are the risk factors for bad posture in children?

- Some of the risk factors include technology, sedentary lifestyle, sitting, lifting and carrying, exercise, diet, growth and psychological

### How to improve your posture?

- Support healthy sitting: Encourage children to arrange their workstations so they are comfortable before they begin
- When working at a laptop/computer, children should be sitting at a desk which is level with their forearms (with elbows bent to 90 degrees) and ensure that the top of the screen is level with their eyes
- Ensure children's feet are at on the floor or well supported
- The spine does not like prolonged positions, especially sitting. Follow the 30:30 rule: allow a 30-second 'stand and wriggle' every 30 minutes



### What is the correct school bag use?

- A mono/single strap school bag should be worn across the body (not on one shoulder) and children should remember to swap carrying sides regularly. A rucksack should be worn over both shoulders. This will keep the spine symmetrical and upright.
- A rucksack should be worn close to the body and higher up the back (so that the bottom of the bag is level with or above the waist). A chest and waist strap will help if walking long distances.
- Keep the bag balanced, with heaviest items packed first and closest to the spine.

