



### Getting Help

When you choose a Chartered Physiotherapist in Paediatrics you can have the peace of mind in knowing that you are being treated by a physiotherapist who has a university degree qualification and is committed to the highest standards of ethical and clinical excellence.

### General Information

**Chartered Physiotherapists in Paediatrics (CPP)** work in hospitals and in the community where treatment is covered under the public health service. They also work in private practice and can be contacted through the professional body, or through the Golden Pages.

Chartered Physiotherapy fees can be claimed back through VHI, QUINN-healthcare and VIVAS/Hibernian Health. Tax relief may be claimed by filling in the Med1 form available from the Revenue Commissioners at [www.revenue.ie](http://www.revenue.ie).



Contact: CPP, subgroup of Irish Society of Chartered Physiotherapists,  
123, St Stephen's Green, Dublin 2  
Phone: 01 4022148 Email: [cpp@iscp.ie](mailto:cpp@iscp.ie)

## Back Care for Children

Children, like adults can suffer from back pain. School bags and heavy books are a cause for concern for many parents and children.

Nowadays children use inappropriate schoolbags, do not carry their bags correctly and/or have poor posture, all of which can lead to back ache.

Engaging in lots of fun sports and activity promotes strong healthy bones and muscles which are needed to maintain a healthy back. Being overweight places greater stress and strain on the joints of the back, knees and hips.

## Be Active

Protect your back and the rest of your body by engaging in at least sixty minutes of exercise every day.

**IF YOUR CHILD DOES HAVE BACK PAIN, CONSULT YOUR GP OR A CHARTERED PAEDIATRIC PHYSIOTHERAPIST**

Is your physiotherapist chartered?

## Physiotherapy & Back Care for Children



Chartered Physiotherapists in Paediatrics



## Schoolbags

### When choosing a schoolbag, follow some basic tips:

1. Buy a schoolbag with TWO wide adjustable shoulder straps.
2. Ensure the schoolbag has padded, adjustable shoulder and waist straps.
3. Buy the correctly sized schoolbag. Bags should be no larger than the child's back and should be worn evenly in the middle of the back.
4. Ensure your child only carries what is absolutely necessary and pack the heavier items closest to the child's back.
5. Ensure your child wears the bag over two shoulders to spread the weight evenly over the body.

To put the bag on do not just swing it over your shoulders.

Place it on a surface and then with your back to it, put your arms through the straps. Otherwise get someone else to help.

Don't carry your bag when you don't have to **eg.** *waiting at the bus stop.*

## Posture

In school, sit right into your chair with a straight back and do not perch on the edge of your seat.

Children should be encouraged to stand up and stretch during long classes and to be active at break time.

Only watch television and play computer games for short periods (20-30mins), as spending hours in static postures can lead to stiffness and discomfort.

Get involved in hobbies that promote good posture such as dance, yoga, pilates, martial arts or speech and drama.

## Posture

### When using a computer or games console follow the seven tips below;

1. Screen should be at arms' length from the body.
2. Your eyes should be level with the top of the screen.
3. If chair allows, adjust it so that your knees are lower than your hips. Keep back support upright.
4. Sit back in the chair.
5. Feet flat on the floor or on a footrest.
6. Your trunk should be upright with your body straight, wrists straight, arms hanging down from the shoulders with elbows at ninety degrees.
7. Keyboard should be angled away from body and keep the keyboard and mouse at same level.