

[IMAGE]

## **In Need of a Few Adjustments?**

Parents of schoolchildren with behavioral problems can testify to the difficulties their children encounter: poor academic performance, low self-esteem and anger. Now, a new study suggests that schoolchildren who suffer from behavioral difficulties are also at an increased risk for developing lower back pain (LBP).

Researchers examined 1,000 schoolchildren between the ages of 11-14 and found that those who experienced behavioral problems, as well as those that repeatedly complained of other symptoms, such as abdominal pain, headaches and sore throats, were at a substantially higher risk of developing LBP than those without those problems. In short, the study concluded that behavioral problems and other somatic complaints may eventually lead to the onset of LBP.

If you have a child who suffers from LBP, behavioral problems and/or other health concerns, talk to your chiropractor about treatment options. In addition to helping relieve LBP, a chiropractor can recommend wellness and lifestyle changes that promote physical, mental and emotional well-being.

### *Reference:*

Jones GT, Watson KD, Silman AJ, Symmons DPM, Macfarlane GJ. Predictors of low back pain in British schoolchildren: a population-based prospective cohort study. *Pediatrics*, Apr. 4, 2003;111(4), pp 822-28.

For more information on back pain (and ways to avoid it!), visit  
[www.chiroweb.com/find/tellmeabout/backpain.html](http://www.chiroweb.com/find/tellmeabout/backpain.html).

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