[IMAGE]

Raise Your Hand If You Have Back Pain

By Editorial Staff

As adults, we get used to a variety of daily or near-daily aches and pains, particularly as we age. But what about our children? Don’t they seem immune to many, if not all, of the pain complaints we have – despite the fact that for the most part, they’re exponentially more active?

Maybe not. A study of schoolchildren ages 12-15 revealed a startling statistic: More than half (57 percent) reported experiencing back pain in the past year. As you might expect, "remaining seated at school" was a primary pain trigger, particularly for back pain lasting up to seven days.

These findings not only point to the universality of back pain – and the need for it to be addressed by qualified health care professionals such as doctors of chiropractic; but also the need to recognize and avoid situations that may increase the risk of experiencing an episode of back pain.

back pain - Copyright â Stock Photo / Register Mark For example, evidence implicates ergonomic flaws both in the school and workplace (desk / chair height, etc.) in back pain, not to mention carpal tunnel syndrome, neck pain and other conditions. What’s more, the act of sitting alone creates undue stress on the spinal column and encourages poor posture whether at school, work or home, a major initiator of back pain and related conditions.

If anyone in your family is suffering from back pain, do something about it. Talk to your doctor about the potential causes and solutions.

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