



Computer use can cause back strain

A recent study from the U.S. Department of Education shows that 90 per cent of children and adolescents aged five to 17 use computers. Of the younger group, about three-quarters of five-year-olds now use computers.

Most home computers are set up for adult use. This means a child sitting at a computer set up for an adult can't properly reach the keyboard, doesn't fit properly in the chair, their feet don't reach the floor and they have to look up to see the monitor. Combine home computers with school work stations that are not set up to adequately support a child's back and it is easy to see why children develop back problems.

Tips to prevent computer use related strain, pain and injury

Assess your home computer station. Watch how your child uses the computer and how they fit in the chair. Adjust the chair so they can reach the keyboard easily, place a footrest under their feet and lower the monitor so it is at eye level.

Take a look at your child's posture—is one shoulder higher than the other? Does your child hunch their back? These are indicators of back strain. Get regular spinal check-ups for your child just as like dental check-ups. Chiropractors can identify developing postural weaknesses and potential spinal problems that could affect your children as they grow.