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"treating the cause of your problem, not just the symptoms"

Sitting Right from the Start

At least 70 percent of Canada's elementary school students use computers. As a result of this increased usage, doctors of chiropractic are treating more young patients suffering from the effects of working at computer stations that are either made for adults or poorly designed for children. Many children are already suffering from carpal tunnel syndrome and chronic pain in the hands, back, neck and shoulders. These are harmful physical effects that can last a lifetime.

What Can You Do?

- ✓ Position the computer monitor so the top of the screen is at the child's eye level.
- ✓ Make sure the chair at the workstation fits the child correctly. A back cushion, small pillow, or rolled-up towel can be placed in the small of the child's back for added support.
- ✓ Wrists should be in a neutral position while typing or using the mouse.
- ✓ The child's knees should be positioned at a right angle. If necessary, use a footrest.
- ✓ Reduce eyestrain by making sure there is adequate lighting and no glare on the screen.
- ✓ Limit your child's time at the computer -- no more than _ hour without a break.
- ✓ Have your child take stretch breaks every 15 minutes -- Ask me about specific stretches.
- ✓ Your child's muscles need adequate hydration to work properly and avoid injury -- four 8-ounce glasses of water a day. Soda, juices and other sweet drinks are not a substitute.

- ✓ Urge your child's school or PAC officials to provide education on correct computer ergonomics and to install ergonomically correct workstations.

By being sure your child is sitting properly and using a computer that is set up correctly for them, you may prevent many related chronic physical injuries from occurring in the first place rather than attempting to address them later on. As I always say, “treat the cause of your problem, not just the symptoms”. If you have any further questions regarding how your child’s computer station should be set up, contact me directly at my office.