



Wellness News Network™

Your Source for Health & Wellness Information

Issue 5, September 2024

Try Chiropractic First! For Teens!

Presented by:

Introduction

Participation in sports or exercise is an important step in maintaining your health. Exercise strengthens your heart, bones, and joints and reduces stress, among many other benefits.

Unfortunately, injuries during participation in sports are all too common, especially in children and teens. Often, these injuries occur in someone who is just taking up sports as a form of activity, doesn't use proper safety equipment or becomes overzealous about the exercise regimen.

The more commonly injured areas of the body are the ankles, knees, shoulders, elbows, and spine.



Identifying and correcting biomechanical issues or weakness to joints with your chiropractor is a great way to be pro-active in preventing sports injuries for all ages. In addition, getting chiropractic care for injuries sustained is a great way to minimize their recurrence.

For teens who are either inactive, are injured or suffer from back pain chiropractic offers effective treatment options.

Presented by:

QUESTION:

Participation in sports or exercise is an important step in maintaining your health. Exercise strengthens?

- a) your heart
- b) your bones
- c) your joints
- d) all of the above

ANSWER:

- a) d

TRUE OR FALSE:

Injuries during Participation in sports are all too common, especially in children and teens

ANSWER:

True

Until recently, low back pain was thought to be something only adults experienced. However, research is showing that over 70% of children and teens are affected by back pain and, the same research is also identifying that teenagers with back pain have trouble sleeping and participating in school and social activities. They have a higher incidence of eating disorders and trouble meeting friends.

The following can cause your teen to have back pain:

- Bad posture
- Leaning over to play video games
- Sitting too long using the computer
- Heavy back packs
- Emotional stresses
- A medical condition
- Sports injury
- Being overweight
- School bags on just one shoulder



In some rare conditions, a child may be born with spinal disorder. The most common condition is scoliosis, which causes a S shape curve that is exaggerated. This condition is more common in girls than boys and tends not to be painful. If a parent is concerned they should consult a Chiropractor.



Parents can encourage their children in a number of ways to help prevent lower back pain. First is to maintain good posture. Don't overload back packs. Warm up before exercise. Stay active and learn how to be safe when engaging in activities like skateboarding, skiing, and playing sports.

Parents consider seeking help from a chiropractor for your teens to help them enjoy a much more active life.

Quote to Inspire

"I eat really healthy, and if I'm tired, I take a nap"

- Casper Van Dien

QUESTION:

The following can cause your teen to have back pain:

- a) Bad posture
- b) Heavy back packs
- c) Emotional stresses
- d) Sports injury
- e) Being overweight
- f) all of the above

ANSWER:

f) All of the above

TRUE OR FALSE:

Until recently, low back pain was thought to be something only adults experienced.

ANSWER:

True

Writer: Jenny Crosby, DC
Design: Elena Zhukova
Graphics: Maria Camille Almirañez
Production: Mike Talarico