

# Children's Physiotherapy

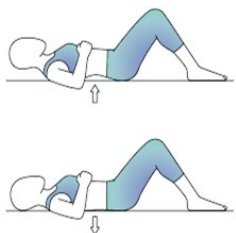
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**Bromley  
Healthcare**  
better together



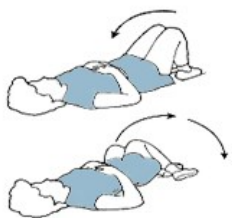
## Exercises for posture



**Pelvic tilt:** arch and flatten your back on the floor.



**Shoulder blade setting:** squeeze shoulder blades together and down.



**Trunk rotations:** gently drop your knees from side to side.



**Hamstring stretches:** try to reach your toes with legs straight.

The Children's Physiotherapy service is provided by Bromley Healthcare, an award-winning social enterprise working with the NHS, delivering a wide range of community healthcare services to people of all ages in Bromley, Bexley, Croydon, Greenwich and Lewisham.

We provide a wide range of nursing, medical and therapy services for adults and children. These include District Nursing, Health Visiting, Speech and Language Therapy, Physiotherapy and Occupational Therapy. 98% of our patients would recommend our services to their friends and family.

## Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

Central Court  
1 Knoll Rise  
Orpington BR6 OJA

**020 8315 8880**

[bromh.feedback@nhs.net](mailto:bromh.feedback@nhs.net)

[bromleyhealthcare.org.uk](http://bromleyhealthcare.org.uk)

Bromley Healthcare Community Interest Company Ltd  
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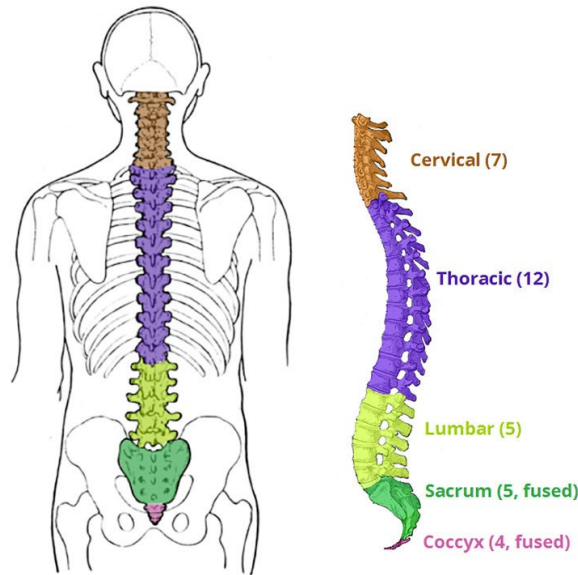


## Posture and Pain

Information for children  
and young people

It's your body ... look after it!

## Good posture

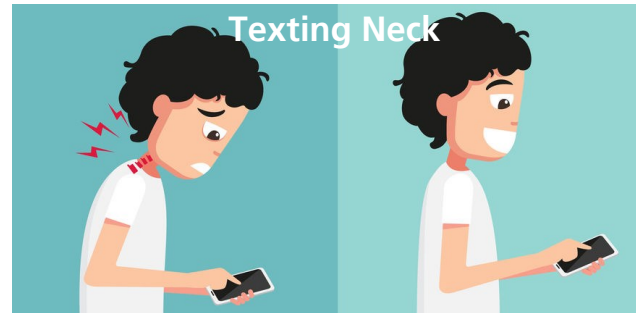
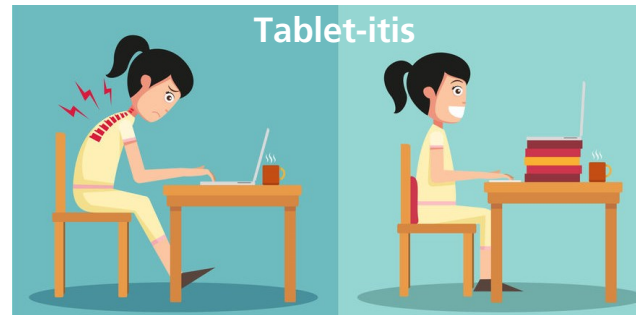


## Why do we need good posture?

Your back is made up of 33 bones with discs in-between. These are supported by ligaments and muscles to keep you upright, protect your spinal cord, allow you to move and be pain free.

Bad posture may result in muscle imbalance (e.g. tightness or weakness) causing your muscles and joints to start to complain giving you back pain. It's likely that this may build up over time without you being aware of it, and suddenly cause you pain which may be in your neck, back, arms, legs, or even headaches.

## You don't want to get:



## Things that don't help

- Carrying heavy school bags
- Sitting for long periods
- Using computers, tablets, mobile phones, gaming consoles with poor posture
- Lack of exercise and tiredness

## Ways to improve your posture

Become more body aware, don't slump, sit and stand tall/straight as if someone is pulling you up by the hair on the top of your head!

Don't stay in the same position for too long, get up and move as even staying in positions with good posture makes muscles feel tired. Stand or sit with even weight distribution through your legs.

Think about your school bag, a rucksack or cross body with padded straps will be more comfortable;

- Don't load it up more than you need to.
- Can you use a locker?
- Don't wear your bag if you don't need to/put it on the floor.

## Growth

It is common to have periods of fast growth, at these times it is even more important to look after your posture to avoid pain. As a teenager, your body is constantly growing and changing so it is even more important to maintain a good posture to avoid pain. Keep active; strong muscles will help prevent poor posture and pain.