



DISCOVER CHIROPRACTIC CLINIC

165 Tanjong Pagar Road #04-16A
The Amara (Amara Professional Centre)
Singapore 088539

Tel: 65-62387276 Fax: 65-68844491

Email: spinaldoc@discoverchiro.com.sg Website: www.discoverchiro.com.sg

"Shoulder straps, compartmental distribution/ design, child-friendly pull tabs, comfortable ergonomically designed back and waist support IMPACT's ergonomically designed backpacks have it all to ensure your child's comfort and reduce back and neck injuries."

***Endorsed & Recommended by:
Dr Nelson P.W Lim, Chiropractor***



Scoliosis and low back pain has been called a 21st century enigma which continues to cause disability and distress in a large proportion of the children population. Within the last decade, it has been recognised that adolescents increasingly report back discomfort or even deformity. Over the years, many factors have been implicated in the cause(s) of adolescent back pain/ discomfort, which includes growth spurts during puberty, mechanical factors (carrying heavy/ awkwardly shaped bags, poorly designed furniture etc), and psychosocial factors.

Our children spend most of their waking hours in school and one of the major contributing, though not the single factor would be school bags. Children between the ages of 6 and 14 are typically in their formative ages. At this stage of their lives, the body's vital organs are not fully developed and are therefore more vulnerable to injury. The spine is one important part of a child's body that should be protected from injury and stress, because the spine is connected to peripheral nerves which run across and affects the entire body system.

The heavy book load that children are subjected to can lead to physical stress and poor posture which may result in spinal conditions. It is therefore vital that this weight factor be effectively managed with the appropriate tools so that any negative health impact / consequence arising from prolonged carrying of heavy schoolbags can be either prevented or minimized.

Short term consequences such as muscle strains and pains, neck and shoulder aches, tension headaches, lower back pain, fatigue are common symptoms of poor bag designs or carrying posture. Other consequences such as improper skeletal and muscle development, nerve entrapment syndrome, poor blood circulation and degeneration of spinal column lay occur as long term consequences..

IMPACT ergonomic school bags are designed for children's comfort and posture. Helping them achieve greater potential in their education and health.