

Posture Pointers

9.4.2020



Some things to try...

As we get back to school after a much-needed break, it's important to start off on the right foot.... or chair. Young students often have weakness in their core muscles and struggle with neutral posture, but this can impact everything from their breathing to their handwriting. Try these pointers to maximize attention and quality of work.

- Feet should be planted firmly on the ground. If you need to just place a box under their feet.
- The chair should provide good back support but not put pressure on the back of the knees. Use blankets or towel rolled up or pillows for props,
- Hips, knees, and ankle should all be at 90-degree angles.
- Arms should hang freely but close to their sides while elbows are at 90 degrees.
- Their eyes should be nearly level with the top of the computer screen. VISION is key - if the screen is too low or too high kids (all of us actually) will assume a harmful posture just so we can SEE the screen. If kids are using tablets or laptops, they may need an external keyboard in order to make this possible.
- Take frequent breaks - at least every 20-30 minutes, get up and move around, change positions, run around in the sunshine, and then regroup.



And here is why...

- Kids won't naturally assume and maintain the 90-90 -90 position described; they will need reminders.
- Good posture leads to better moods!
- Poor posture leads to decreased ability to breathe deeply this leads to early fatigue and decreased learning and memory skills.

Contact: Kori Mannon, MPT
mannonmotion@gmail.com

575.740.0356 with questions

