Stories about the Back

At School

Stay with us for a while and we'll show you how to have a healthy back!
Hi, I’m Doctor Spine. If you follow my advice you’ll have a strong and healthy back.
On your chairs sit as far back as you can, and avoid sitting on the edge without leaning on the back of the chair. Change position once in a while and move; don't sit for many hours straight.
When you use the computer, set the screen in front of your eyes and avoid raising your shoulders when you type. Don’t forget to get up at least once every hour; your back needs to move.
To prevent back pain practice sports regularly (swimming, jogging, bicycle, gym...). The more sports you practice, the more strong and healthy your back will be. Always follow the trainer’s instructions, especially if you do competitive sports. Warm up before you begin training and do stretch exercises after you finish.
When you go to school, carry in your backpack only what you will need that day and don’t carry more weight than is necessary. Use your locker to avoid unnecessarily overloading your back.
If you carry a backpack use both straps, carry the weight at the center of the back and at waist level, and keep it close to your body. The weight of your backpack must be at least 10% of yours. For example, if you weigh 40 kilos your backpack should not weigh more than 4.

**BODY WEIGHT**

40 kg

**MAXIMUM BACKPACK WEIGHT**

4 kg
<table>
<thead>
<tr>
<th>Statement</th>
<th>True</th>
<th>False</th>
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<tbody>
<tr>
<td>Physical exercise and sports increase the risk of having back pain</td>
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<td>You must pay attention to what the trainer says so as not to hurt your back when you do sports or physical exercise</td>
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</table>
Correct answers

- Physical exercise and sports increase the risk of having back pain  
  - True
  - False

- You must pay attention to what the trainer says so as not to hurt your back when you do sports or physical exercise  
  - True
  - False

- The more time you spend resting, the healthier your back will be  
  - True
  - False

- The weight of your backpack should not exceed 4% of your Weight  
  - True
  - False
Learn more about your back and how to take care of it in The Web of the Back, at www.weboftheback.org

This cartoon can be seen for free in the CHILDREN’S SECTION of The Web of the Back of the Kovacs Foundation at www.weboftheback.org