



**GET MOVING!**  
Right, Chiropractor André Lucchetti with Grace and Elliott at Spooner Row school. Above, one of the school's new chairs designed to make children sit up straight.

# Limber up for a more comfortable future

By **EMILY DENNIS**  
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**THOUSANDS** of children in Norfolk risk suffering back problems in the future unless steps are taken to educate them about the importance of sitting up straight.

That was the message from chiropractor Andre Lucchetti as he went through a series of exercises designed to help children with their posture at Spooner Row Primary School.

Mr Lucchetti also highlighted a worrying trend of increasing numbers of children requiring treatment for problems associated with bad posture.

Mr Lucchetti, clinical director at Wymondham Chiropractic & Natural Health Clinic, said: "We are seeing more children coming through our doors and, as a father myself, it is really upsetting."

"The most common problem we see in children is headaches which are linked to bad posture."

"Before the second world war children were taught to sit up straight, but this has gone out of the window. Now an average child spends 21 hours a week in front of the television or computer console and generally does not do enough exercise."

"Research has proved that



**SET THE RECORD STRAIGHT:** Youngsters exercising at the Straighten Up session at Spooner Row school.

unless we make an effort to educate children about the importance of sitting up straight we are setting them up for problems later in life."

Mr Lucchetti visited the school to teach youngsters about the Straighten Up UK

programme, a three minute exercise campaign devised by the British Chiropractic Association (BCA) to get people of all ages moving, while improving their posture and spinal health.

He said that research by the BCA shows that back

pain in the UK is on the increase, with 52pc of the country currently suffering compared to 47pc last year.

He said that educating people about the importance of good posture had to begin at an early age.

"We have got to try and educate children about the importance of sitting up properly," he said during the visit, which coincided with Chiropractic Awareness Week.

"You are never too young to start and never too old. Even people in their 80s can improve their posture with some simple exercises."

Mr Lucchetti is keen to get more schools in the area involved in the Straighten Up UK programme and he will be at the Forum in Norwich on May 10 to demonstrate the exercises.

Mr Lucchetti's clinic is offering free postural screenings for the next month to coincide with the awareness campaign.

Simon Wakeman, headteacher at Spooner Row primary school, said the school had recently bought new postural chairs for youngsters and was keen to do more to help children develop good posture.

"I am aware that back problems can start at a young age and would like to do more, possibly integrating these exercises into a daily routine to get children thinking about sitting properly," he said.

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