

Toting Tots Checklist

So, how do you know if you are at risk of developing back injuries and pain related to your duties as a parent? Consider the following questions, how many times a day do you...?

1. Strap a child into a car seat?
2. Lift a child into and out of a crib?
3. Push or pull a stroller?
4. Bend and reach to wash a child in the bathtub?
5. Sit on the floor without back support while playing with children?
6. Bend or stoop to pick-up a child?
7. Reach overhead to grab jars of formula or baby food?
8. Sit at kid-sized furniture?
9. Carry a child on your hip?
10. Bend to clean up toys?

If you have lost count of the number of times you perform these tasks each day, chances are you may be at risk of developing or are already suffering from parenting-related pain syndromes. There is no room for back pain in parenthood. Studies show that chiropractic care is increasingly recognized as the safest and most effective solution for most patients with back pain.

Doctors of Chiropractic are back care specialists, who offer drug-free, hands-on treatment that targets the source of your pain. They can also provide you with advice and exercises to stretch and strengthen muscles so you can stay on your toes and a step ahead of your toddler.