

The Aches and Pains of Returning to School

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Summer is nearing an end and it is just about that time for school to begin. For some kids that means the return to athletic activities while others will be toting around heavy bags filled with homework and books. Each of these situations presents the opportunity for aches and pains.

It is often easy to identify the cause for these pains when dealing with athletes, however, the nagging aches that some students may experience upon the return to the classroom may be a mystery. There could be several factors influencing a student's symptoms and the majority can be modified or treated by a physical therapist. In certain cases postural changes may be affecting the student and causing pain within the low back, neck and shoulders. For example, sitting in a chair for an extended amount of time can result in these pains. Students may also be experiencing pain within the aforementioned regions due to strain from a improperly fitted or overweight backpack. These two items will largely affect the back, neck and upper extremities, while some students may be experiencing symptoms in the legs or feet. This may be as a result of increased walking on stairs or hard surfaces, which could affect the knees, hips and feet. Other students may display difficulty within their feet due to incorrect alignment or improperly fitted shoes.

All of these issues can result in nagging pain and can affect a student's performance. Therefore, if you have questions or concerns relating to these issues contact your physician or local physical therapist.