

VIBE ACTIVITIES

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HEALTHY VIBE

HEALTHY BODY

BACK-UP PLAN

HOW TO AVOID BACK PAIN AND SPINE INJURIES.

ALMOST EVERYONE WILL EXPERIENCE SOME FORM OF BACK PAIN DURING THEIR LIVES. EXPERTS SAY DUE TO MODERN LIFESTYLES WE ARE JUST NOT USING OUR BODIES AND SPINES CORRECTLY FOR THE WAY THEY ARE BUILT. YET, DESPITE BACK INJURIES BEING SO PREVALENT, BACK HEALTH IS GENERALLY NEGLECTED.

With the advent of the modern age, people are leading increasingly sedentary (not moving) lifestyles. Many of us suffer from poor posture and our backs have had enough.

Back pain is usually caused by an injury to the back such as overstretching during lifting, bending or twisting. This may result in damage to muscles, ligaments or the discs.

Back pain is common and affects most people at some time in their life.

Chiropractors Association of Australia spokesperson, Dr Simon Floreani, says while back pain is of epidemic proportions, it is poorly managed.

"No one is spared from it – men or women or manual workers or office workers – everyone will have back pain, so they need to work out ways to prevent it and manage it once they have it."

Dr Floreani says back pain has reached this level because of the way we use our bodies.

"The body is meant to be mobile and active and so much of what we do is static and stiff and still. So many of the population don't have the muscles strengthened that stabilise the back. They sit for too long. They don't move the body in the way it was designed to move."

PROPER POSTURE

He says it is important to maintain a proper posture at work and play and recommends the website whatsyourposture.com.au

"This website helps you realise what your posture is and helps you to identify what your weaknesses are likely to be and tailor advice to your specific lifestyle factors," he says.

"Another one is Straighten up Australia – a four minute exercise program which you can do while brushing your teeth – it helps keep the right flexibility about your spine and can be done safely."

WARNING SIGNS

Dr Floreani says one of the warning signs of back problems are stiff joints.

"When joints jam up they lose normal stretch response so you stiffen up. If you can't touch your toes or put your shoes on without sitting down and leaning against something – or turn your head to look back when reversing a car – these are signs of a stiff neck and spine and you are well on your way to getting pain," he says.

"If you can't do these stretches you may have arthritis or an old injury that needs professional management."

Just becoming more aware of what state you are in, rather than covering it up with Panadol and pretending it will go away, is the start of being pro-active about your back.

"This is just covering up the fire alarm. Pain is a fire alarm that tells you that something is wrong. If you don't investigate it you are already heading towards something getting worse," he says.

SCHOOL BACKPACKS

One of the problems for growing spines is placing too much weight in school backpacks.

"Even as adults, you should not be carrying anymore than 20% of your body weight in a backpack and children should limit the weight they carry in a school backpack to no more than 10% of their body weight," Dr Floreani says.

TREATMENT

Treatment depends on the cause. Your doctor or health care professional will examine you to check for any nerve damage and rule out more serious problems.

Most back pain tends to improve within a few days to a few weeks, and a therapist such as a physiotherapist, chiropractor or osteopath can assist with exercises, advice and treatment. Bulging discs and pinched nerves may take longer to heal.

Preventing back pain

- * Stay active, control your weight, and keep a good posture at all times.
- * Don't smoke.
- * Do back exercises to keep your back flexible and strong.
- * Speak to a physiotherapist.
- * When lifting, use your legs and not your back. Hold objects as close to your body as possible and use both arms.
- * If working at a desk, make sure it is set up properly so you have a good posture – do not look up or down at the computer screen.

It is important to look after our back so we protect our spine from damage.

We can injure our back if we have poor posture, if we don't stretch enough before playing sport and even if we carry too much weight in our school backpack.

Make sure you go to a doctor if you have regular back pain.

READ *Back-up plan* on page 24

ACTIVITY 1

BUILDING READING SKILLS

- skimming and scanning for information.
- reading headings, text boxes and pictures.
- reading for meaning.
- making connections between the text and your world.



There are three levels of comprehension questions:

- | | |
|-----------------|---|
| Literal | The answer is located in one sentence in the text. |
| Inferred | You need to make links between sentences and graphics (such as illustrations, maps and tables) and what you already know. |
| Applied | The answer is in your background knowledge, what you already know or feel. |

1 The text box at the bottom of the centre column tells us that

(inferred)

Shade one bubble.

- ☐ you can prevent back pain by gaining weight.
- ☐ back pain is not affected by smoking.
- ☐ it is not necessary to do any additional exercises to relieve back pain.
- ☐ having good posture is one way to prevent back pain.

2 Which of these is **not** true?

(inferred)

- ☐ In our modern world, we are often less active than before.
- ☐ Back pain is usually caused by an injury to the back.
- ☐ Back pain is always caused by wearing very light backpacks to school.
- ☐ You should keep a good posture at all times to avoid back pain.

3 What is the relationship between the photo and the main text?

(inferred)

Write your answer on the lines.

4 Why has the text included quotes from Dr Simon Floreani from the Chiropractors Association of Australia?

5 The text says: *Despite back injuries being so prevalent, back health is generally neglected.*
In this sentence, *prevalent* means

(applied)

Shade one bubble.

- ☐ they hardly ever occur
- ☐ they occur a lot
- ☐ painful
- ☐ expensive to cure

6 The text says: *Pain is a fire alarm that tells you that something is wrong.*
In this sentence, *Pain is a fire alarm* means

(applied)

- ☐ a fire alarm goes off when you are in pain.
- ☐ a little voice warns you that you are in pain.
- ☐ you should ignore the warning signs of pain.
- ☐ pain is the body's way to warn you that something is wrong.

7 What is the overall purpose for writing this text?

(applied)

Write your answer on the lines.

ACTIVITY 2

LANGUAGE CONVENTIONS – SPELLING

- 1** The spelling mistakes in these sentences have been underlined.
Write the correct spelling for each word in the box.

Many people will experiense back pain in their life.

Injurys can occur from poor posture.

We often don't move our bodys correctly.

Overstretching may lead to back mussel injury.



- 2** Each sentence has one word that is incorrect.
Write the correct spelling of the word in the box.

It is important to maintane a proper posture.

He reccommends a good website.

We need to keep out backs strait.

We need to lift heavy items safeley.

ACTIVITY 3

LANGUAGE CONVENTIONS – GRAMMAR

- 1** Which words correctly complete this sentence?

_____ you wear a backpack to school, make sure it isn't too heavy _____ you don't injure your back .

- | | |
|----------------------------------|------|
| <input type="checkbox"/> Whether | when |
| <input type="checkbox"/> If | so |
| <input type="checkbox"/> Because | but |
| <input type="checkbox"/> Which | so |



2 Which word correctly completes this sentence?

Back injuries can be expensive to treat; _____ we need to look after our back health.

- ☐ besides
- ☐ however
- ☐ therefore
- ☐ otherwise



3 Which word is missing from the second sentence?

The backpack was quite light. _____, he was still careful not to damage his back.

- ☐ While
- ☐ Whereas
- ☐ However
- ☐ Although

ACTIVITY 4

LANGUAGE CONVENTIONS – PUNCTUATION

1 An apostrophe has been left out of this sentence. Where does the missing apostrophe go?



Its important not to ignore warnings, such as back aches and pains.



2 What punctuation is missing from the end of this sentence?

Did you know that you should never carry more than 10% of your body weight in your school backpack ____

- ☐ comma (,)
- ☐ question mark (?)
- ☐ ellipsis points (...)
- ☐ exclamation mark (!)

ACTIVITY 5

WRITING AN EXPOSITION



Write
your idea
on a paper.

An Exposition is a type of Argument text that states one point of view about an issue
Here is how Expositions are typically structured:

ARGUMENT Type	Social Purpose	Stages	Phases
Exposition	argues one point of view about an issue	Thesis Arguments Restatement	preview evidence statistics quotes examples elaborations review conclusions

TOPIC - School students need to take more care of their backs.

Write an EXPOSITION to argue your reasons.

Think about:

- examples, statistics, elaborations and other evidence to support your ideas.

Remember to:

- research your topic and plan your writing.
- choose your arguments carefully.
- give reasons for your arguments.
- give examples to support your arguments.
- write in sentences.
- pay attention to your spelling and punctuation.
- use a new paragraph for each new idea.
- choose your words carefully to convince a reader of your opinions.
- check and edit your writing so that it is clear for a reader.

For more information about back health, head to

www.straightenupaustralia.com.au

www.whatsyourposture.com.au