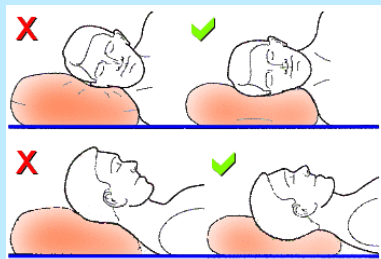


## DO'S AND DON'TS FOR CHILDREN

- Do turn to one side while getting up from lying down position.



- Use pillow of normal thickness in side lying position.



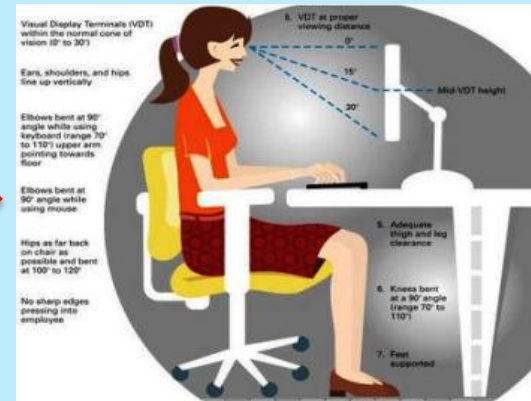
- Reduce the weight of school bag carried. Carry extra books in front.



- Avoid carrying bags or packs on one shoulder.



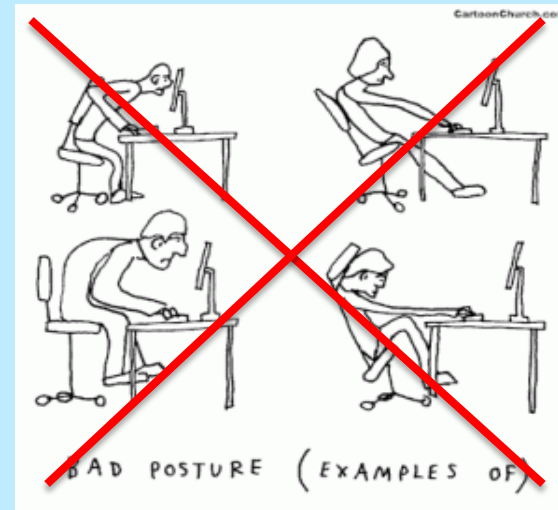
- Keep your elbows/forearms supported on chair armrests or the desk to help relax the neck and shoulder muscles.



- Avoid holding the cell phone between the ear and shoulder.



- Avoid poor prolonged studying positions such as sitting cross legged on the floor or in bed with books or computer in front of you, and sitting on a soft couch with your laptop in your lap and your feet propped up in front of you.



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- While tying your shoe laces, sit on a chair and put the foot on the stool or sit on a floor, then tie. Don't bend directly.



KRV Healthcare & Physiotherapy Pvt.Ltd.; Head Office: C-2772, Sushant Lok phase 1,  
Gurgaon-122002,Haryana,India.

Contact us at:9999998934 ,+91-124-402-00-00, 403-00-30/31