

# BACK TO SCHOOL Posture & Podiatry Check

The Pain Slayers at Graceville Physiotherapy have teamed up with the QLD Foot Centres to conduct 2 FREE 'Back to School' Posture & Podiatry Screening Sessions for primary school children and high school teens as they get ready to start the new school year.

Developmental changes as kids grow, sitting for long hours on laptops and carrying heavy backpacks can take a toll on a growing body. We will give you useful tips on keeping your kids pain free. Our screening sessions will involve experienced Podiatrist from Qld Foot Centres together with Physiotherapists from Graceville Physio.

## ***These FREE sessions will include ...***

- ✓ Assessing kids postures, the school bags they carry and electronic devices they are using and looking at how this could be affecting their posture.
- ✓ Assessing kids feet & their current school and sports shoes. Advising on what type of shoes are going to be best for growing feet.

## **HELD AT GRACEVILLE PHYSIOTHERAPY**

Level 2 296 Oxley Road, Graceville

**FRIDAY 12<sup>th</sup> January 2018 from 2.30pm to 4.30**

**WEDNESDAY 17<sup>th</sup> January 2018 from 10am to 12**

*It will be beneficial if you could bring your child's school bag and shoes to this session for tips.*

**BOOKINGS NOT REQUIRED / ENQUIRIES PH 3278 1186**

Keep your kids pain free by giving them healthy feet and a strong back for their future!



QUEENSLAND  
**FOOT**  
CENTRES

