

# Students learn back and posture basics

A NEW Ross chiropodist visited Rathgarogue NS recently to highlight **World Spine Day** during **Straighten Up Ireland** week.

Dr Siobhán Guiry told the students about ways in which they can reduce back difficulties through packing their school bags in a particular way.

Dr Guiry (of New Ross Chiropractic Clinic, Haughton House, New Ross) gave a talk and demonstration of exercises to improve posture at local schools Rathgarogue NS on Tuesday, October 14 and Horeswood NS on Wednesday, October 15.

'Straighten Up Ireland' aims to raise awareness of spinal health among adults and children and encourage improved posture to help the people of Wexford to look and feel their best. The CAI has developed a series of simple everyday exercises, which will act to improve posture, stabilise core muscle groups, enhance health and prevent spinal disability. Taking a mere three minutes to complete, the exercises can be undertaken by people of all ages with a special program tailored for children. With fun descriptions like 'twisting star', 'the hummingbird', 'the rocker' and 'shaking loose', the whole family can get involved.

She gave free posture and school bag checks throughout the week. The CAI encouraged adults and children in Wexford to 'straighten up' during the sixth annual 'Straighten Up Ireland' Week and to further raise awareness on **World Spine Day**

the CAI asked people to take a 'spine selfie' and share via social media using #worldspineday and #spineselfie.



**Dr Siobhain Guiry addressing Rathgarogue NS students.**