

Helping Teachers Avoid Classroom Aches This School Year

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As students head back to school, teachers are also returning to long days filled with standing, walking, lifting, and hours of lesson planning. While the school year is rewarding, it can also take a toll on the body. A few simple habits can help reduce everyday aches and keep educators feeling their best throughout the semester.

Standing for extended periods is one of the most common causes of fatigue and back discomfort. When possible, shift your weight from one foot to the other, wear supportive footwear, and alternate between standing and sitting during planning periods.

Teachers also frequently lift boxes of books, classroom supplies, and equipment. Remember to bend at the knees, keep items close to your body, and avoid twisting while lifting. If an object is especially heavy,

don't hesitate to ask for assistance.

Desk time deserves attention, too. Whether grading papers or preparing lessons, position your chair so your feet rest flat on the floor, keep your computer monitor at eye level, and relax your shoulders while typing. Small ergonomic adjustments can make a big difference over the course of the school year.

Between classes, take just a minute to reset your body with a few simple stretches:

- **Shoulder Rolls:** Roll shoulders backward 10 times, then forward 10 times.
- **Neck Stretch:** Gently tilt your ear toward each shoulder and hold for 15–20 seconds.
- **Standing Back Extension:** Place your hands on your hips and gently arch backward for 5–10 seconds.
- **Chest Opener:** Clasp your hands behind your back and gently lift while opening your chest.
- **Calf Stretch:** Place one foot behind the other and press the back heel into the floor for 20 seconds on each side.

Caring for yourself is just as important as caring for your students. By practicing good body mechanics and taking a few moments to stretch throughout the day, you can help reduce fatigue, improve comfort, and stay energized for another successful school year. Needing extra support and relief for alleviating discomfort? Schedule an appointment with Moon Valley Chiropractic by calling 602-298-0292