

# Foundations of Practice and Beyond

## Wednesday

### Stream A

Session 7 1100

Session 8 1300

### Lorna Taylor

## Healthy Backs School Education Programme – a whole school approach – why, how and importantly, practical solutions



### Biography

Lorna is the Lead Practitioner of Children First Physiotherapy and Director of Jolly Back Enterprises Ltd.

Lorna is a Member of the Association of Paediatric Chartered Physiotherapists and Professional Member of BackCare. She has over 10 years professional experience and is actively involved in school health promotion and back pain prevention.

Since 2007, Lorna has developed and has been delivering the “Healthy Backs School Education Programme – a whole school approach” as part of the National Healthy Schools Initiative (Derby City). Lorna has also developed the innovative Jolly Back chair to support adults who work with and care for young children, to overcome the problems and risks encountered from working at naturally imposed, low working heights. Lorna is also a member of the “Association of Chartered Physiotherapists in Occupational Health and Ergonomics (ACPOHE)”.

### Abstract

This workshop will allow delegates to understand the importance of back care education for all within schools and explain the development and delivery of the unique programme currently offered as part of the Healthy Schools Initiative (Derby City). A suggested school back care policy will also be shared.

The session will be evidenced based and the focus will be on practical solutions and discussion. An opportunity to try a range of products specifically developed to assist and support adults working with children and young people within educational and health settings will be provided. By covering key areas of: anatomy, school bags, back friendly solutions, sitting correctly at home and school; lifting and carrying safely and the importance of a healthy lifestyle, delegates will be able to offer practical workable solutions to those working in and attending nursery, primary and secondary school settings, contributing to the well-being and improved back health of all (staff, pupils and parents/carers).

The session will also explore the development of the Jolly Back chair – an innovative low chair developed for adults who work at naturally imposed low working heights, to reduce the poor postures often adopted (bending, over-reaching and kneeling at low tables, twisting and bending when sitting on small chairs).

This workshop would suit all those who are interested in understanding how changing lifestyles are affecting growing spines, the delivery of a whole school approach to back health and allow first-hand experience of innovative practical solutions available for adults who work at naturally imposed low working heights.