



In this New Years issue of Jubilee we discuss the importance of school backpack selection in reducing back pain in children, the management of a very common elbow injury, and we better understand a common condition affecting people of all ages—Arthritis.

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SCHOOL BAGS: A GUIDE TO KEEPING YOUR CHILD'S BACK HEALTHY

School bags can cause back pain and damage the spine of children. Reduce the risk by following this simple guide.



[School Bags: Keep Your Child's Back Healthy](#)

As the spine is growing and developing it is vitally important to address spinal health issues for a number of reasons. Firstly, to prevent spinal stress and dysfunction that causes pain, which may affect study and participation in sport and recreation. Secondly, to develop good techniques for spinal health that will carry through into adulthood.

DEALING WITH TENNIS ELBOW: NOT LIMITED TO TENNIS PLAYERS

Tennis elbow, more formally known as lateral epicondylitis, is a condition in which pain is felt on the outside of the elbow. It is most common in those aged 35-65 in both men and women and usually occurs in your dominant hand.

[Dealing With Tennis Elbow: An Injury Not Limited To Tennis Players](#)

Pain symptoms are commonly a result of repetitive strain caused by repeated bending back of the wrist against resistance, such as with painting, using a screwdriver or racquet sports. In today's society however, using computers is the most frequent way for tennis elbow to occur in the general population.



UNDERSTANDING ARTHRITIS: KEEP ON THE MOVE

Arthritis is a common condition in Australia affecting people of all ages and from all walks of life. Although arthritis can be difficult to live with, there are many simple measures that can help anyone manage their symptoms.



[Understanding Arthritis: Keep On Moving](#)

Arthritis is a major cause of disability in Australia affecting people of all ages and walks of life. Arthritis is not a single condition. There are over 150 kinds of arthritis, all of which affect one or more joints in the body. Arthritis is often misinterpreted as simply a disease which affects elderly people, when in fact 60% of those who are diagnosed with arthritis are between the ages of 15 – 60 years.