



FOR IMMEDIATE RELEASE

Guidelines for Pushing Strollers Promotes Child Safety

CARMICHAEL, Calif. – December 5th, 2008 – With increased utilization of jogging strollers, baby carriers, and bike trailers, healthcare professionals stress the importance of safe practices to protect children from spinal cord injuries. Doctors at the Foundation for Chiropractic Progress (www.yes2chiropractic.org), a not for profit organization providing education and awareness, points out that spinal cord injuries are more likely to occur in developing children, especially in those under the age of 12 months.

“About 11,000 people suffer from spinal cord injuries annually, and developing children are particularly vulnerable,” says Dr. Gerard W. Clum, president of Life Chiropractic College West and spokesperson for the Foundation. “Parents should always be aware of how a device positions a child’s neck or spine, and follow the manufacturer’s safety instructions when using a stroller or comparable equipment.”

Parents can take special precautions to help ensure children’s safety by making sure the child is always properly secured in the device. Parents should avoid carrying or pushing a load that may be too heavy and always practice with the device before attempting to use it with the child.

According to Scott Bautch, D.C., past president of the American Chiropractic Council of Occupational Health, “The cervical spine of a child less than one year old is not fully developed, and it is important that the child’s head not bob around during any activity. Backpacks are less than ideal because they do not allow parents to watch the child’s head and ensure stability. A front-side carrier is preferable for a very young child.”

When choosing the proper device, parents should consider the size, weight, and age of the child to make sure it is appropriate for the activity. Doctors also suggest that parents monitor their own health and comfort when transporting a child.

“When lifting children to place them into a trailer or jogger, exercise caution,” advises Dr. Bautch. “Don’t bend from the waist, stay as close to the car seat or trailer as possible, and place the child into the carrier without reaching, stretching, or twisting. The further the child is from one’s body, the greater the strain on the spine.”

Doctors at the Foundation emphasize that pain or discomfort associated with outdoor activities should not be ignored. A chiropractor is licensed and trained to treat patients of all ages and can provide important assistance.

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About F4CP

A not-for-profit organization, the Foundation for Chiropractic Progress (F4CP) embraces a singular mission to promote positive press for the profession in national, regional and local media. Through effective and ongoing initiatives, the Foundation's goal is to raise awareness to the many benefits provided by doctors of chiropractic. The F4CP relies upon strategic marketing campaigns that span prominent spokespersons, monthly press releases, public service announcements, and advertisements in high-profile media outlets. To learn more about the Foundation, please visit us on the web at www.foundation4cp.com or call 866-901-f4cp.