

# Pain In Schoolchildren

The ways that children live their lives and experience childhood are important. The developments that children make in youth carry with them into adulthood and for the rest of their lives! This includes a range of social skills, education, emotional development, physical development, etc. To ensure that our children have the tools they need for success, we must take the necessary steps in childhood!

A study conducted recently in Danish schoolchildren aged 8-16 years old found that 70% of children experience musculoskeletal pain like neck pain or back pain. 40% of the children in the study experienced pain in one area of their body, while another 30% reported in multiple regions. Of the children who reported pain, the categories were then broken down into pain experienced in the lower extremities (~60%), spinal or back pain (~30%), and upper extremities (~23%). These are many children experiencing long-lasting pain!

Children shouldn't have to feel as though they are missing out on aspects of their life. Pain is our body's way of telling us that something is functioning improperly. However, we don't need to sit around and wait for the pain to occur! We can keep pain at bay by taking the proper steps to keep things functioning as optimally as possible, without ever needing to reach the point of pain! It's our job to keep our children as healthy as possible so that they can grow into healthy adults!



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Fuglkjær, S., Vach, W., Hartvigsen, J., Dissing, K. B., Junge, T., & Hestbæk, L. (2020). Musculoskeletal pain distribution in 1,000 Danish schoolchildren aged 8-16 years. *Chiropractic & Manual Therapies*, 28(1). doi:10.1186/s12998-020-00330-9



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