

Backpack Burdens

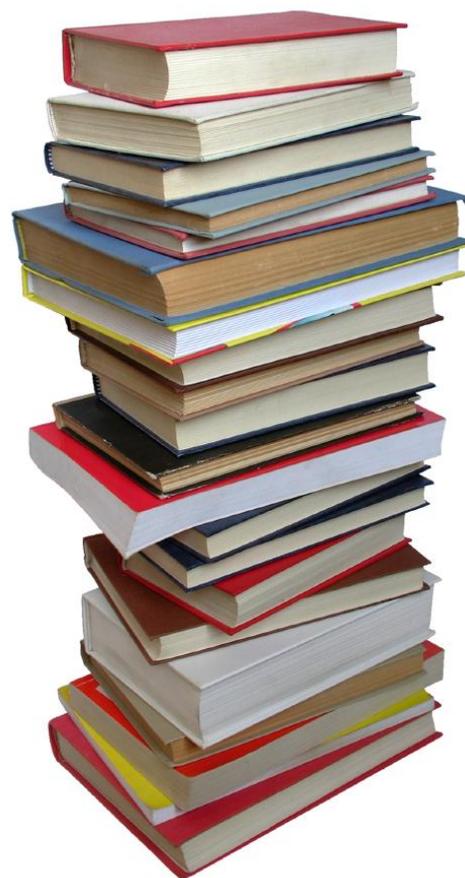


Young children are suffering from back pain much earlier than previous generations, and the use of overweight backpacks is a contributing factor.

A recent study conducted in Italy found that the average child carries a backpack that would be the equivalent of a 39-pound burden for a 176-pound man, or a 29-pound load for a 132-pound woman.

As your child goes back to school...

- Make sure your child's backpack weighs no more than 5-10 percent of his/her body weight
- The backpack should never hang more than 4 inches below the waistline.
- A backpack with individualized compartments helps in positioning the contents more effectively
- Bigger is not necessarily better
- Urge your child to wear both shoulder straps



-Wide, padded straps are very important.

-The shoulder straps should be adjustable so the backpack can be fitted to your child's body.

-Rollerpacks – or backpacks on wheels – should be used cautiously & only by those students who are not physically able to carry a backpack.



Your chiropractor can help! Doctors of Chiropractic can prescribe exercises designed to help children develop strong muscles, along with instruction in good nutrition, posture and sleeping habits.