

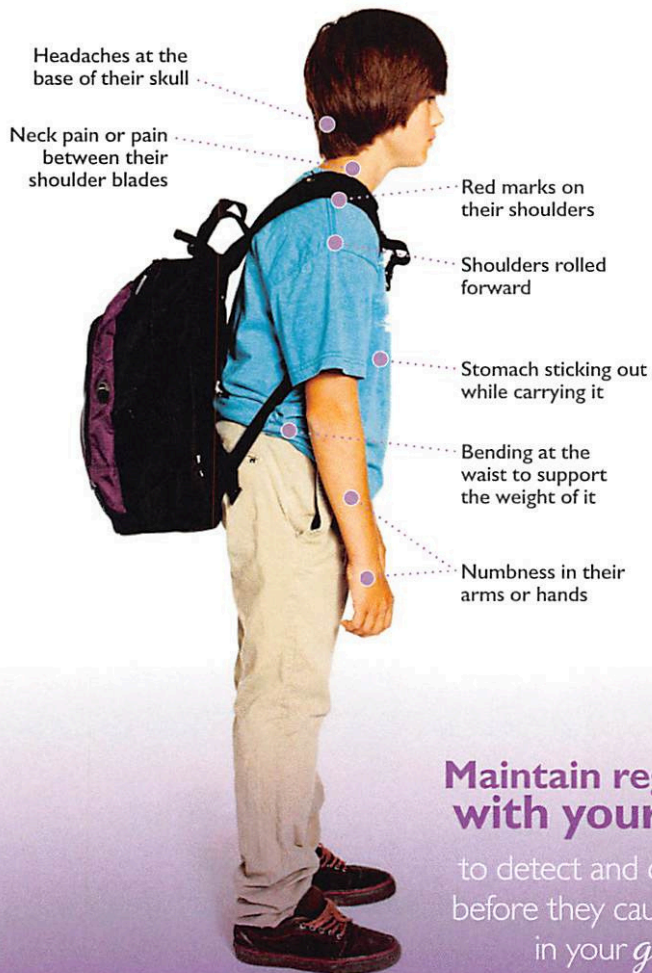
Back Pack Ergonomics

A guide to *proper back pack use* for children

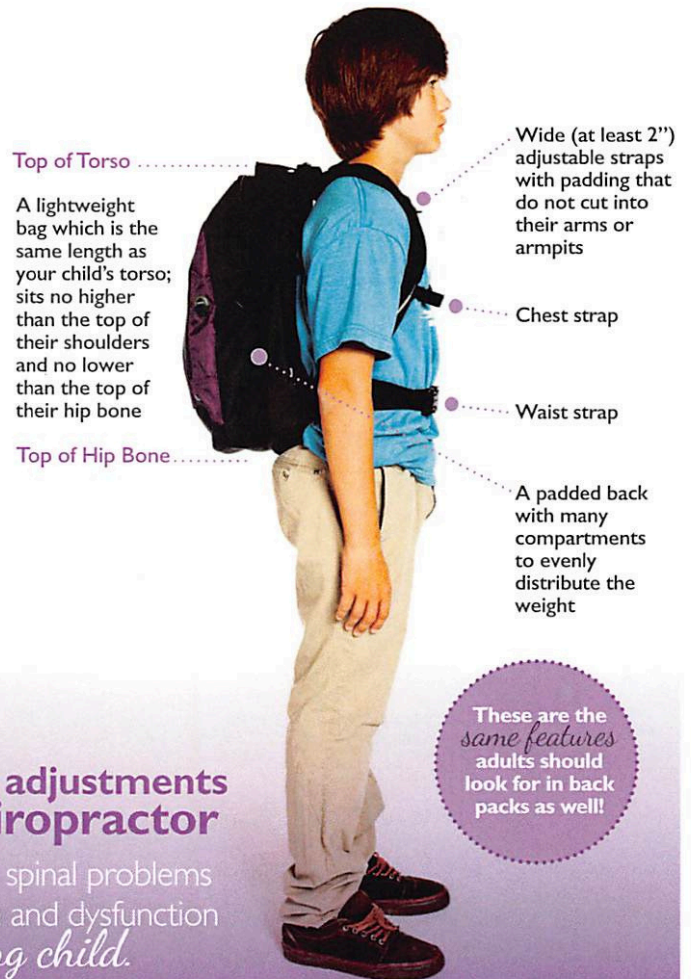
Incorrect use of a proper back pack can be just as damaging as using an improper back pack.

Our growing children use their back packs for many years. Repetitive loading of heavy back packs combined with poor ergonomics can be a source of dysfunction in their body and can lead to chronic back and shoulder pain. Smart choices now are important to your child's health long after their school days are gone.

Signs that your child's **back pack** is **inappropriate** for them or that they are **wearing the pack incorrectly** include:



When **purchasing a new back pack** one should look for:



Maintain regular adjustments with your Chiropractor

to detect and correct spinal problems before they cause pain and dysfunction in your *growing child*.

These are the *same features* adults should look for in back packs as well!

Additional tips for proper back pack ergonomics

- Place heavy items closest to their back.
- Place odd shaped items outside to prevent poking into their back.
- Elementary students should not exceed 10% of their body weight.
- Junior and Senior High students should not exceed 15% of their body weight.
- Place the back pack on their back from table height or lift properly with their knees.
- Adjust the straps so bottom of the back pack lies in the curve of their low back.
- Have their back pack assessed with your local chiropractor for appropriateness.
- Check regularly for unnecessary items.
- Carry extra books or lunches in hand.
- Use the waist strap to redistribute 50-70% of the bag's weight off their upper body and onto their pelvis.



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