



TIP OF THE MONTH

Backpack Ergonomics

Between home and school, kids can be expected to carry backpacks, lunches, instruments, and more. This can be a lot for kids to carry. Unfortunately, when done improperly, long-term side effects of using heavy bags continuously can result in poor posture and pain. Here are some tips to help practice proper backpack ergonomics to keep their body pain-free and feeling good.

PERSONALIZE YOUR BACKPACK FIT

Size:

- The size of your backpack should not extend beyond your shoulders.
- Your backpack should sit evenly and comfortably on your back; it shouldn't sag to your buttocks.

Fit:

- Padded straps help relieve pressure on your shoulders for much-needed comfort.
- Shoulder Straps should rest comfortably; make sure you adjust the straps for the right fit for your body.
- Adjust the straps so that the bottom rests in the curve of your lower back.
- If the backpack has a waist or chest strap, use it.

Weight:

Your backpack should **never exceed 15% of your overall body weight**. Following this will curb the early onset of back, neck, and shoulder pain and poor posture. A child who weighs 100 pounds shouldn't carry a load heavier than 15. In a [study investigating school children's perception of backpack loads](#): 79% of surveyed individuals said their backpacks were heavy, 66% felt their backpacks caused fatigue, and 46% said they had back pain due to a heavy load. So, if you or a loved one leans forward to carry a backpack...it's too heavy!

TIPS TO REDUCE WEIGHT AND HELP POSTURE:

- Every few weeks, go through your pack and remove any unnecessary items. All the little things that pile on weight impact the overall weight of your backpack.
- Load the heaviest items closest to your back.
- Arrange books and other supplies so they won't slide around.
- Consider using a book bag on wheels.

LIFTING YOUR BACKPACK:

Properly picking up a backpack may not seem important, but because we use them so often, it can take a toll on your body. By using safe lifting techniques, you can avoid injuries and pain. [Proper lifting safety](#) includes:

- Lift with your legs
- Don't bend your body to the side
- Keep your back straight
- Use both hands (If lifting with only one, keep your wrist straight)

Pain caused by poor backpack ergonomics will most likely start as short-lasting muscle pain. However, if you continue to lift or carry your backpack incorrectly it could lead to chronic pain issues that linger or worsen over time. We can work with you to eliminate your back, neck, and shoulder pain, improve posture, and work with you to make sure your backpack doesn't cause any additional stress on the body. If you are experiencing pain that isn't going away on its own, please schedule an appointment and start feeling better today.

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



"We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort"

– Jesse Owens

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

We will ensure that they will receive great care and have a positive therapy experience with us!

A RECIPE FOR YOU

Healthy Banana Pudding

Looking to end the summer with a delicious and healthy snack? We found this recipe from [thebigmansworld.com](#) that's delicious and guilt free!



INGREDIENTS:

- 2 large bananas
- 1/4 cup coconut milk
- 2 tsp of granulated sweetener
- 1 cup vanilla yogurt

Scan for the recipe instructions →



HOW TO RECOGNIZE THE SIGNS OF A CONCUSSION



Featured Article:

[How to Recognize the Signs of a Concussion](#)

Concussions can and do happen to anyone. It's important to be able to recognize the signs of a concussion and take proper action.