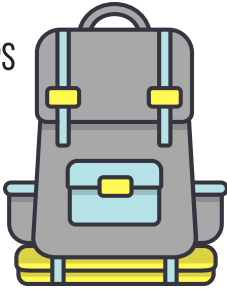


THE PERFECT ^{BACK} _{to} SCHOOL BACKPACK

A GUIDE TO HELP YOU PICK AND PACK THE PERFECT BACKPACK

CHECKS

- LIGHTEN UP
- DISTRIBUTE THE WEIGHT
- SHOULDER STRAPS
- AVOID WHEELS
- KEEP FIT
- KEEP ORGANIZED
- GET CHECKED BY A CHIROPRACTOR

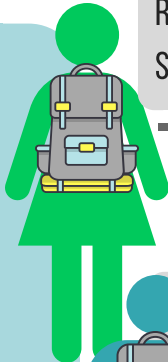


LIGHTEN UP

1 Make sure a loaded backpack is not more than 10-15% of your child's body weight.

For example:

An average 10 yr old boy should not carry more than 7 lbs in his pack; an average 13 yr old girl should not carry more than 15 lbs in her pack.



2 DISTRIBUTE THE WEIGHT

- USE MULTIPLE COMPARTMENTS TO SPREAD THE LOAD OUT EVENLY
- PUT THE HEAVIEST ITEMS CLOSEST TO THE CENTRE OF THE BACK/PACK

3 STRAPS

1. CHOOSE A PACK WITH TWO STRAPS
2. LOOK FOR STRAPS THAT ARE
 - WIDE
 - PADDED
 - ADJUSTABLE
3. REMEMBER TO USE BOTH STRAPS
4. TIGHTEN STRAPS SO PACK IS SNUG
5. TIGHTEN STRAPS SO THAT PACK DOES NOT HANG MORE THAN 4" BELOW WAIST
6. ENCOURAGE USE OF WAIST BELT TO RELIEVE PRESSURE FROM NECK & SHOULDERS.

4 AVOID WHEELS

WHILE IT MAY SEEM LIKE A GOOD IDEA TO PURCHASE A BACKPACK ON WHEELS BECAUSE YOUR CHILD WON'T HAVE TO CARRY IT, DON'T.

- requires awkward twisting that can put unnatural stress on spine & shoulder joint
- difficult to use on stairs
- difficult to use in winter

5 KEEP FIT

MAKE SURE YOUR CHILD ENGAGES IN ACTIVE PLAY EVERY DAY TO STAY STRONG, WHICH WILL HELP REDUCE THE RISK OF MUSCLE STRAIN WHEN CARRYING A BACKPACK.

6 ORGANIZE

- If your child is carrying an excessive load, help them to get organized so they only bring home the books they need and aren't carrying unnecessary items.
- Encourage your child to use their locker or desk throughout the day instead of carrying everything with them..

7 GET CHECKED

- COME IN WITH YOUR FAMILY AND THEIR "LOADED" BACKPACK(S) FOR A BACKPACK/POSTURE CHECK UP.
- DR. JANNA WILL SCREEN YOUR CHILD'S POSTURE WITH AND WITHOUT THEIR BACKPACK AND MAKE RECOMMENDATIONS FOR CHANGE, IF NECESSARY. DROP IN OR CONTACT US TO SCHEDULE AN APPOINTMENT.



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