



BACK CARE for KIDS!

Tips for utilizing a backpack

Adults are told that carrying a huge load on their backs may do harm over time. But kids continue to walk around with monstrous backpacks all week long while attending school. In a study conducted by *Spine Magazine*, 80% of the children asked said that their backpacks were heavy. In addition, 65% felt the backpacks caused them fatigue and 46% stated they had back pain due to the heavy load.

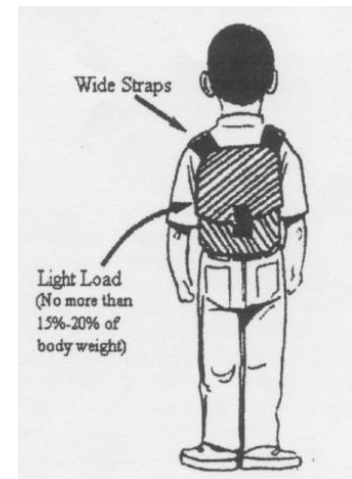
Here are some tips for preventing back pain in children...

Selecting a Pack:

- Choose a pack that is appropriate to the child's size and age.
- Select a backpack with well-padded shoulder straps - The neck and shoulders are rich in blood vessels and nerves that when constricted can cause pain and tingling in the neck, arms and hands.
- Choose a pack with a waist belt that can be fastened for extra support and can also help transfer weight from the shoulders to the body's trunk and hips.

Wearing a pack:

- Always wear both shoulder straps to distribute weight evenly- wearing a pack over one shoulder can cause leaning to one side and curve the spine.
- Adjust shoulder straps so the pack fits snug to the child's back - The pack should never rest more than four inches below the child's waistline.



Loading a Pack:

- Never allow a child to carry **more than 15% of his or her body weight**. For example: A child who weighs 100 pounds should not carry a school backpack that weighs more than 15 pounds.
- Load the heaviest items closest to the child's back.

Most VibrantCare Rehabilitation facilities will be offering FREE backpack fittings for adults and children throughout the month of August.

For more information about participating clinics or about VibrantCare Rehabilitation, please contact _____ at _____.

Or visit our website at www.vibrantcarerehab.com