

PACK IT LIGHT

More than 50% of people experience at least one episode of lower back pain by their teen years. In many of these cases, a backpack may be to blame. Carrying an overweight load unevenly or improperly can result in poor posture, joint pain, muscle strain and headaches.

Alberta's chiropractors are proud to provide you with these easy tips to make sure your pack doesn't become a pain in the back.



WEAR IT RIGHT

PICK IT RIGHT



- Choose a bag made of lightweight material like vinyl or canvas.
- Is the bag proportionate to body size? The top of the bag should not extend higher than the top of the shoulder and the bottom shouldn't fall below the top of the hipbone.
- Pick a bag with two wide adjustable straps with padding on the shoulders and along the back. It should also have a hip or waist strap.

PACK IT LIGHT



- The total weight of a pack shouldn't exceed 10% of the wearer's body weight.
- Pack the heaviest items closest to the body and distribute the weight throughout the bag by using the pockets.
- Make sure you're only packing things you will need that day.

WEAR IT RIGHT



- Try to always use both shoulder straps when carrying your bag.
- Using the waist strap reduces strain on the back and transfers some of the load to the hips.
- Make sure the buckled waist strap sits level with your belly button (or close to).

If your child is experiencing neck, back, muscle or joint pain consider consulting with us.

We can teach you and your child how to pack, lift and carry weight properly to avoid injury during the school year.

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