

## Backpack Facts: What's All The Flap About?

- More than 2,000 backpack-related injuries were treated at hospital emergency rooms, doctor's offices and clinics in 2007
- It is recommended that a loaded backpack should never weigh more than 10% of the student's total body weight.
- About 55% of students carry a backpack that is heavier than the above recommended guideline!
- In one study with American students ages 11 to 15 years, 64% reported back pain related to heavy backpacks. 21% reported that pain lasting more than 6 months!

Information brought to you by...



**Therapeutic Links offers a FREE screening for your child! Occupational Therapy treatment may include working on:**

- Fine motor skills
- Gross motor skills (balance, coordination, ball skills)
- Hyperactivity or low energy
- Maintaining attention and focus
- Sensitivity to touch, sounds, smells, movements, etc.

***Our staff is dedicated to helping children and their families improve everyday functioning and enhance meaningful occupations of life!***

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# 1, 2, 3s of Backpack Wearing Safety!

