

# PHYSICAL THERAPY CAN HELP

Our physical therapists can help you choose a proper backpack and fit it specifically to your child. Children come in all shapes and sizes, and some have physical limitations that require special adaptations.

Additionally, our team can help improve posture problems, correct muscle imbalances, and treat pain that can result from improper backpack use. Our physical therapists can also design individualized fitness programs to help your child get strong and stay strong! Physical therapy not only treats injuries after they occur, it works to prevent injuries before they happen.

Don't delay – schedule a complimentary screening today at [Screening.PeakPerformanceClinics.com](https://Screening.PeakPerformanceClinics.com)

# BACKPACK SAFETY



[PeakPerformanceClinics.com](https://PeakPerformanceClinics.com)



## SIZE

- Not extend above shoulders
- Rest in contour of low back (not sag down toward buttocks)
- Sit evenly in middle of back

## FIT

- Shoulder straps should rest comfortably on shoulders and underarms, with arms free to move – tighten shoulder straps to achieve this fit
- Tighten hip and waist straps to hold pack near body
- Padded straps to help even out pressure on shoulders from the weight of pack
- Never exceed 15% of body weight to avoid excess load on the spine

## LIFTING OF PACK

- Proper lifting is done by bending the knees, squatting to pack level, and keeping pack close to body to lift first to waist level and then up to shoulders
- Keep both shoulder straps in place and pack centered
- The further the load is away from the center of your body, the greater the force on your spine
- Uneven stresses on the spine can cause muscle imbalances. This can lead to pain and possible scoliosis



## BACKPACK REPORT CARD

Size

Fit

Padded shoulder straps

Hip & chest straps

## PACKING IT RIGHT

Heaviest books closer to body

No extras (CD player, lunch box, clothes)

## WEIGHT OF THE PACK

No more than 10-15% of body weight

## LIFTING THE PACK

Bend at knees

Lift to waist as legs straighten

## CARRYING THE PACK

Straps over both shoulders

Pack rests in the middle of the back

## POSTURE

Doesn't lean to one side

Doesn't bend forward

Doesn't arch back