

# BACKPACK SAFETY

WRONG

CORRECT

Strap on only one shoulder

Wide, padded straps on both shoulders



WRONG

CORRECT

Load too heavy

No more than 10-15% of body weight



## THE RIGHT BACKPACK

### A PADDED BACK

- reduce pressure on the back, shoulders, & underarm regions
- enhance comfort

### HIP AND CHEST BELTS

- transfer some of the weight from the back and shoulders to the hips and torso

### MULTIPLE COMPARTMENTS

- keep items secure • easy access to contents

### REFLECTIVE MATERIAL

- enhance visibility of the child to drivers at night

### WIDE, PADDED SHOULDER STRAPS

- avoid cutting into shoulders

## WEAR IT CORRECTLY:

### WEAR BOTH STRAPS

- weight better distributed
- well-aligned symmetrical posture



### POSITION CAREFULLY

- position in middle of back
- straps adjusted to allow child to put on/take off without difficulty



### LIGHTEN THE LOAD

- 10-15% or less of body weight



CALL TODAY • SCHEDULE AN APPOINTMENT

VISIT US ONLINE • ACCESSPTW.COM

FOLLOW US



# BACKPACK SAFETY



## Wearing backpacks improperly:



increased risk for spinal injury

Theory confirmed in study conducted by Mary Ann Wilmarth, PT, DPT, MS, OCS, director of the transitional doctor of physical therapy degree at Northeastern University in Boston. Wilmarth conducted the study at a private, pre-kindergarten through 9th grade school in Andover, Massachusetts.

## Injury can occur when using faulty postures:

- arching the back
- bending forward
- leaning to one side

## These postural adaptations can cause:

- improper spinal alignment
- strain & fatigue
- neck, shoulders, and back more vulnerable to injury



## Tips for safe backpack use:

- Wear both straps
- Remove and put on backpacks carefully
- Wear the backpack over the strongest mid-back muscles
- Lighten the load



## HOW A PHYSICAL THERAPIST CAN HELP:

### WARNING SIGNS:

- CHANGE IN POSTURE
- STRUGGLING WHEN PUTTING ON/TAKING OF BACKPACK
- PAIN/RED MARKS ON SHOULDERS
- TINGLING/NUMBNESS IN ARMS & LEGS



EVALUATE AND TREAT PAIN, MUSCLE STRAIN & BIOMECHANICAL CONCERNS



IMPROVE POSTURE, CORE STRENGTH, FLEXIBILITY, AND KNOWLEDGE OF PROPER BODY MECHANICS

CALL TODAY • SCHEDULE AN APPOINTMENT

VISIT US ONLINE • ACCESSPTW.COM

FOLLOW US

