

The Backpack Check-up

Strapping on a backpack is a daily ritual for students, as they struggle to stuff in the necessities of school. But, is your child's backpack well designed and comfortable? Or is it continually overloaded and awkwardly designed? Consider the following questions to see if your child's backpack is packed light and worn right.

1. Is it positioned below your child's shoulder and above their hipbone?
2. Is it made of lightweight material?
3. Does it have adjustable, padded shoulder straps that are at least two inches wide?
4. Is it made with a padded back for added protection and comfort?
5. Does it have with a hip strap or waist belt, which helps redistribute the weight/contents?
6. Does it have several individual pockets instead of one large compartment?
7. When packed does it weigh less than 15 per cent of your child's body weight (10 per cent for elementary students)?
8. Are heavy, bulky items packed closest to the body?
9. Does your child carry their backpack over both shoulders?
10. Can your child stand upright comfortably while wearing the backpack?

If you answered no to three or more of the above questions, your child's backpack could be improperly designed and over packed. This could place him/her at risk of causing stress and potential irritation and injury to their spine, joints and muscles.

Doctors of Chiropractic are back care specialists, who provide drug-free, hands-on treatment that targets the source of your pain.

