

September Newsletter



BACKPACK SAFETY FOR CHILDREN

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Although back pain may be more prevalent amongst the adult population, children are also affected. One of the most common causes of back pain, whether it be neck, mid or lower back pain, is the misuse of backpacks by youngsters.

The main issues are the weight of the backpack in relation to the child's weight and the fact that the children carry it over one shoulder. Many schools require students to carry their books with them all day making the problem worse.

Tips for Proper Backpack Use:

1. Make sure your child's backpack weighs no more than 5-10% of his or her body-weight. Observe your child's posture. If the child leans forward, takes shorter strides while walking, uses his or her hands to protect the shoulders from the straps, the backpack is TOO heavy!
2. The backpack should never hang more than 4 inches below the waistline.
3. A backpack with individualized compartments helps positioning the contents most effectively.
4. Urge your child to wear both shoulder straps. Lugging on one strap causes weight shift to one side, leading to neck pain and muscle spasms, as well as low back pain.
5. Wide, padded shoulder straps are very important and won't dig into your child's shoulders.
6. If the backpack is too heavy, talk to your child's teacher. Ask if your child could leave the heaviest books at school, and bring home only the lighter handouts or workbooks.

**If your child experiences any pain resulting from backpack use,
call me! We treat patients of all ages!!**

Check out our website drwinkonline.com

