



## Avoid Chronic Back Pain from Backpack Misuse

### What Can You Do?

It is that time of year again. Children are headed back to school and parents are busy purchasing supplies. To Avoid back pain from backpack negligence here are some useful tips.

1. Make sure the backpack weighs no more than 5 to 10 percent of their body weight.
2. A backpack with individualized compartments helps in

positioning the contents most effectively.

3. The backpack should never hang more than four inches below the waistline.
4. Wear both shoulder straps. Lugging the backpack around by one strap can cause the disproportionate shift of weight to one side, leading to neck

and muscle spasms, as well as low-back pain.

5. Wide, padded straps are very important. Non-padded straps are uncomfortable, and can dig into your child's shoulders.



### Chiropractic Care Can Help!

If you or your child experiences any pain or discomfort resulting from backpack use, we can help. Our doctors of chiropractic are licensed and

trained to diagnose and treat patients of all ages and we use a gentler type of treatment for children. In addition, we can also prescribe exercises

designed to help children develop strong muscles, along with instruction in good nutrition, posture and sleeping habits.

### NW Chiropractic Clinic Hours

Mon 7a- 6p  
 Tues 5a-6p  
 Wed 7a- 6p  
 Thur 7a- 6p  
 Fri 5a- 6p  
 Sat 7a- 2p  
 Closed Sundays

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