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Sent: Thursday, 2 August 2012 8:38 AM
To: Steve
Subject: PHYSIO4ALL E-News: Backpacks and Children

Learn about Backpacks and Children! PLUS Special Offer - FREE Spinal Assessment for your Child!! For First 10 Callers!!

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PHYSIO4ALL E-News

Backpacks and Children

- *Does carrying a backpack cause back pain?*
- *How much can your child carry to and from school?*
- *How to carry a backpack?*
- *What should you do if your child suffers from back pain?*



Do backpacks cause back pain?

The evidence suggests that backpacks are **not** the primary cause of back pain in children. Certainly a grossly heavy bag will put strain on a child but studies of average bag weights across large populations suggest these are within normal limits. A recent study showed the major causes of injury from backpacks were: tripping over the backpack (28%), followed by wearing (13%), and getting hit by the backpack (13%).

- As a guideline, your child's bag should not weigh more than 10% of their bodyweight.
- Using lockers at school reduces the carrying of heavy textbooks
- Using a laptop or tablet can be a lightweight alternative
- Knowing what equipment will be required in advance may help reduce unnecessary loads
- Sports equipment may be better stored at school/gym/locker



Obviously carrying a backpack symmetrically over both shoulders is recommended. Walking to and from school increases the need for the correct weight and carrying technique. This can be quite difficult when carrying sports equipment/instruments and other bulky/awkward articles.



If your child experiences back pain:

Please don't hesitate to consult us! There are lots of reasons a child may have back pain and getting an accurate and early diagnosis is paramount in recovery.

The future of backpacks:

As children go through the next technology revolution, with the use of laptops etc, backpack weight will become far less relevant. What is already a concern



YouTube is the posture our children have when working and playing on laptops and computers. Contact us for helpful tips on child posture!

Check out our YouTube video on Sitting Posture: [Physiotherapy North Sydney: Poor Sitting Ergonomics](#)

PHYSIO4ALL ANNOUNCEMENTS

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For the first 10 callers!

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