Backpacks Without Back Pain

8 TIPS from the American Chiropractic Association

1. Make sure your child’s backpack weighs no more than **5 to 10 percent** of their body weight.

2. Your child’s backpack should never hang more than **4 inches** below the waistline.

3. Purchase backpacks with individualized compartments. This helps to position the contents **more effectively**.

4. Purchase **small to medium** sized backpacks. The more room there is in a backpack, the more your child will carry.

5. Encourage your child to wear both shoulder straps.

6. Choose backpacks with wide, **padded straps**.

7. Purchase backpacks with **adjustable straps**, so the backpack can be fitted to your child’s body.

8. If the backpack is still too heavy, talk to your child’s teacher. Ask if your child could leave the **heaviest books** at school.

Notice the rounded shoulders. Backpack is too heavy! See Tip #1.

Straps should be worn on **BOTH shoulders**.

Choose a backpack with wide straps.

Keep the load light!