

# 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 back pack 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.