

Backpack Safety: What are we doing to our Kids?

Mom and Dad, you try carrying my backpack!

- **80% reported backpack was heavy at least sometimes**
- **65.7% reported it made them tired**
- **46.1% felt it caused them back pain**
- **Those who felt fatigued were more likely to have back pain**
- **Those who carried for longer periods of time experienced more back pain**
- **Backpack weight should not exceed 10-15% of the student's body weight. A 60lbs child should not carry more than 6-9lbs!**



Is this what your child looks like heading off to school?



Bad posture is a huge childhood problem that leads to adult complaints. Get your kids a chiropractic check up.

What do you look for?

It is sometimes not easy for the untrained eye to pick up problems in the early stages when they are easier to fix. School nurses and coaches performed school spine checks for years and missed most of the scoliosis cases. Pediatricians are often focused on childhood diseases and do not have any specialized training in muscle and skeletal problems. A wait and monitor approach until a problem is significant is not desirable. Personally, I think every child deserves a chiropractic evaluation and the opportunity to have exceptional health, as opposed to a mediocre existence.

Get out the family pictures and look at yourself as you grew. If you have problems now with posture, I'll bet we can spot the same issues in early photographs. Look for a head tilt to the same side, rounded shoulders, unlevelled shoulders, unlevelled hips and other signs like; usually standing to one side with one leg bent or out in front. Do the same for your kids or young relatives. Get out the photos and see what you can spot. Bring the pictures with you and I'll look at them with you on a first visit check up for your child.