With bags this heavy, it's no wonder many kids think school is a

"pain in the back!"

AUSTRALIAN CHILDREN are at RISK of PERMANENT SPINAL DAMAGE because of INCORRECTLY PACKED and FITTED SCHOOL BACKPACKS

Adult back pain and spinal disorders may stem from childhood activities including carrying a heavily loaded backpack for 12 years or more of schooling. Many of the current bags children are using may be fashionable, but unless they allow for even distribution across the back, they can cause pain.

School can be a challenging time for children, so ensuring they are as comfortable as possible is important to their physical and mental development.

According to an international study, daily backpack carrying is a frequent cause of discomfort for school children. School backpacks were felt to be heavy by 79.1% of children, to cause fatigue by 65.7%, and to cause back pain by 46.1%.*

Chiropractors are uniquely positioned to educate parents, teachers and students about spinal health care through their minimum five years university training. Each week, there are approximately 200,000 visits to Australian chiropractors for a broad range of reasons.

Chiropractic care has been proven to be effective, and can restore correct function and relieve pain symptoms associated with the carrying of heavy backpacks.

Chiropractic possesses an excellent safety record, and through their five year university training, chiropractors are the spinal health experts.

Discover for yourself why **there's so much more to chiropractic.**

Some tips to prevent back pain associated with the carrying of heavy backpacks:

- Never carry more than 10% of your body weight
- Wear your bag over both shoulders
- Pack heaviest items closest to your back
- Pack only what you need

Your local CAA chiropractor:

healthy spine, healthier life

CAA
Chiropractors' Association of Australia

www.chiropractors.asn.au

* Negrini, S., & Carabalona, R. (2002). Backpacks on! Schoolchildren's Perceptions of Load, Associations with Back Pain and Factors Determining the Load. *Spine , 27(2), 187-195.*

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