

Bonus Supplement!

WARNING!



**“School has started, which means the little ones are wearing back packs. A warning about neck, back and shoulder pain from heavy back packs.”**

Dear Patient,

Welcome to this special **Bonus Supplement** included with our monthly newsletter. On the bonus insert I focus on little-known benefits of chiropractic. This month it's about back pack safety for our little ones, especially overweight back packs.

**How big of a problem is Back Pack pain in our little ones?** I'll admit it can sound alarmist to say that back packs might be injuring our children... but the potential dangers of heavy backpacks used by children are greater than most realize. According to national guidelines students should carry backpacks that weigh **no more** than 10-15% of their body weight. Yet it's a fact that...

“**55% of students are carrying backpacks that weigh much more than the recommended weight**” (Simmons College, April, 2001)

I realize we can start sounding like overprotective parents here, but consider this. Over the years the average weight associated with a children's backpack has **increased 120%** since the 1970's. In addition to school books, today kids are also cramming their karate outfits in their backpacks... along with iPods, Game Boys, extra gym clothes for their after school sports leagues, baseball gloves, lunch pails, Pokemon cards, etc. Many children today are “overscheduled” and thus carry much more weight in their backpacks to accommodate the extracurricular activities.

Carrying too much weight **can** cause injury to a child's back and spine. As a chiropractor, I am seeing more and more children complaining about back pain and it is often because of the load they are carrying on their backs to and from school every day.

A survey conducted by AIRPACKS in 2000 revealed that **66% of school nurses reported seeing students with pain or injury caused by backpacks.** Here are a few quick tips:

1. Wear backpack straps on both shoulders, not just one
2. Put heavier books closest to the back, which can reduce the awkward strain
3. Teach your child to bend at the knees while lifting backpacks
4. Try to reduce the load! Only carry what is necessary each day.

If you would like to have your child examined or have concerns about their health, please give me a call. We're here to help!

**Interested in learning more how chiropractic can help your little ones? Call 801-569-1141 today, because last year millions discovered chiropractic!**