The Impact of a Backpack

1 IN 4 STUDENTS report having back pain for 15 days or more during the school year



60% of students 12-17 carry backpacks that weigh 10% or more of their body weight

20% of students 12-17 carry bags that weigh 15% or more of their body weight

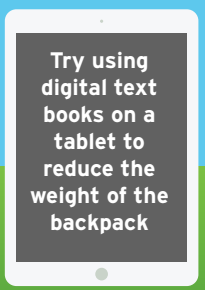


In 2012 there were **5,415** **BACKPACK RELATED INJURIES** treated at emergency rooms in the U.S.

ALWAYS use both straps

Long term effects of a heavy backpack

- Strained neck and shoulders leading to headaches
- Damage to the spine
- Reduced breathing capacity due to poor posture
- Scoliosis
- Back pain and muscle spasms



Chiropractic care + Foot Levelers custom-made functional orthotics for kids and teens can help support the body's foundation for better posture and decreased risk of pain and injury.

FOOT LEVELERS

Ultra YOUNG SOLES

