

COULD YOUR CHILD'S BACKPACK BE RUINING THEIR SPINE?

Chiropractors recommend that kids carry no more than 10% to 15% of their body weight in their packs. But many carry a lot more than that. When a heavy backpack is incorrectly placed on the shoulders, the weight's force can pull a child backward. To compensate, the child might bend forward at the hips or arch the back. This can make the spine compress unnaturally, leading to shoulder, neck, and back pain.

Kids who wear their backpacks over just one shoulder, as many do, may end up leaning to one side to offset the extra weight. They might develop lower and upper back pain and strain their shoulders and neck and well as scoliosis.

Finding a Safe Pack

Before you buy a backpack consider its construction.

Look for the following to choose the right backpack:

- * **a lightweight pack:** get one that doesn't add a lot of weight to your child's load; for example, leather packs look cool, but they weigh more than canvas backpacks
- * **two wide, padded shoulder straps:** straps that are too narrow can dig into shoulders
- * **a padded back:** it not only provides increased comfort, but also protects kids from being poked by sharp objects or edges (pencils, rulers, notebooks, etc.) inside the pack
- * **a waist belt:** this helps to distribute the weight more evenly across the body
- * **multiple compartments:** to help distribute the weight throughout the pack

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Using Backpacks Wisely

Lighten the load!

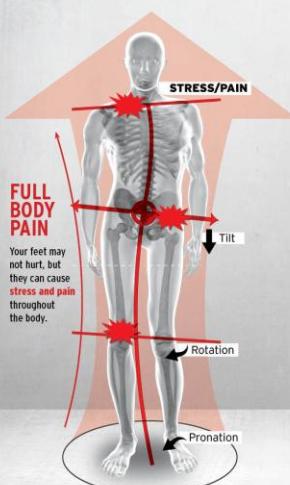
No matter how well-designed the backpack, less weight is always better.

Use the bathroom scale to check that a pack isn't over 10% to 15% of your child's body weight (for example, the backpack of a child who weighs 80 pounds shouldn't weigh more than 8 to 12 pounds).

RELIEVE your PAIN

ASK YOUR CHIROPRACTOR HOW FOOT LEVELERS CAN HELP

BEFORE
Unsupported



AFTER
Supported with
Stabilizing Orthotics

PAIN RELIEF
Restoring a balanced foundation for the spine relieves the pain caused by poor body mechanics.

BALANCE
With the feet and legs aligned and supported, the pelvis can return to its normal balanced position.

ALIGNMENT

The lower extremity returns to proper alignment when the foot is balanced with Stabilizing Orthotic support.

SUPPORT

Stabilizing Orthotics correct foot imbalance for improved weight distribution.

Your Feet Are Your Foundation



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Did you know that fallen arches in your feet can cause ankle instability and knee or hip pain?

Your feet are the foundation of your body, so if they aren't balanced nothing is!

Many people say that they were told that they have "high" arches, but we often find that one arch may be high while the other two are fallen, causing structural issues throughout the body.

We can assess your arches with our 3D foot scanner and find out what your foundation looks like.

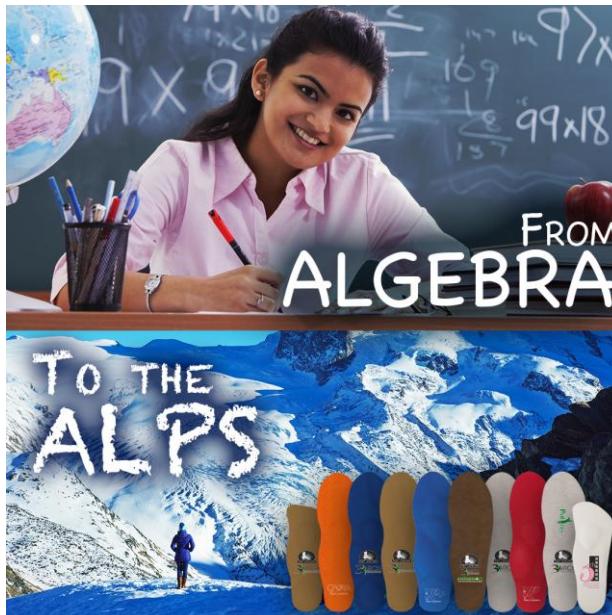
Also, did you know that having one foot flatter than the other can cause low back pain?

Let us know you have questions about your feet!

Remember, foot pain is not normal and there are different ways we can help you address your concerns!

How can we help with fallen arches, plantar fasciitis or foot pain?

- Icing and the use of a foot roller
- Percussor therapy to stretch the plantar fascia
- Ultrasound therapy to eliminate inflammation
- Custom foot orthotics to correct the imbalance



Fallen arches can affect adults AND children!

Reasons to assess your child's feet:

- They are having foot, ankle or knee pain
- They play sports
- Their feet are growing quickly

Get your child's feet checked before the new school year!

Call our office for a complimentary foot scan and analysis.

If your child's feet are a concern we can help lead you down the right path with custom orthotics or anything else you might need!