



3400 E. Bayaud Ave, Suite 290 - Denver, CO 80209
303-399-3569
Denver-chiropractor.com

Backpack Safety Guidelines!!

It's that time of year again parent for your kido's to start a new grade or maybe even a new school!! On that back to school list may have been a new back pack. Consumer Product Safety Commission, in 2016 estimated over 6,000 kids received emergency room care for backpack-related injuries. Here are some tips* to help your children be safe:



1. Is the backpack the right size for our child?
2. Are the shoulder straps padded?
3. Does your child use both straps?
4. Does the backpack have a padded back?
5. Does the backpack have compartments to keep the contents in place?
6. Does the full backpack weigh less than 10% of your child?
7. Is the back pack less than 4" below their waist line?

Kids may complain of having back, neck, shoulder pain or headaches which is never normal. But if they are carrying too much weight in their backpack or over one shoulder it can also adversely affect the curvature of the spine and cause current/future problems. Chiropractors are trained to diagnose and treat children and adults and they can use gentler techniques for children.

To learn more about the benefits of chiropractic care visit Denver-chiropractor.com.

*Reference: American Chiropractic Association