

Chiropractically Speaking...

Who Wears A Backpack?

Whether it started with hikers or schoolboys carrying books, we can't say, but backpacks are high style everywhere you look. Trouble is, constant – and improper – use of the backpacks is often the cause of many cases of neck or back pain. Here's good advice about wearing a backpack:

Don't carry too much. The pack should not weigh any more than 10 percent of your body weight. A too-heavy backpack may cause the wearer to bend the back and neck forward or strain the shoulder.

Wear both shoulder straps. Slinging the backpack over one shoulder forces all the weight to one side of the body.

Tighten the straps so that the pack doesn't dangle and bounce.

For comfort's sake, choose a pack with padded straps.

Whether it's about backpacks, bikes or other causes of discomfort, you always get good advice from your chiropractor – and expert. Hands-on treatment to ease pain without dangerous drugs.