



Ramsey Rehab

*Superior results
without the wait.*



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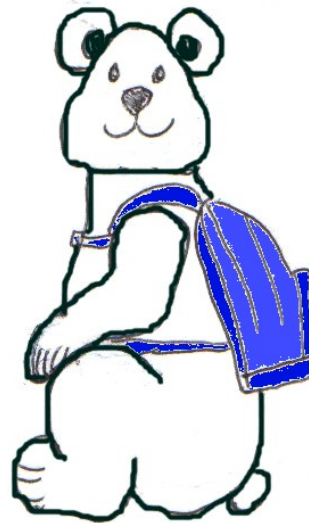
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Backpack Safety

Be Good To Your Back...Learn How to Pack!

Ever wonder why your child comes home with a backache? Could it be the load in their school backpack? Yes it could be! Over the past several years, complaints of back pain and injuries have risen among schoolchildren. Bags are often overstuffed with heavy books and personal gear that create a load that is too much for the back muscles to handle. The most commonly reported effects of overloaded backpacks are muscle fatigue and strain. This results in a muscle imbalance, which leads to pain and stress in the joints. Posture is also affected when bags are too heavy, creating a position where the child's head is forward of their shoulders, adding more stress in the mid and lower back.



Did you know...

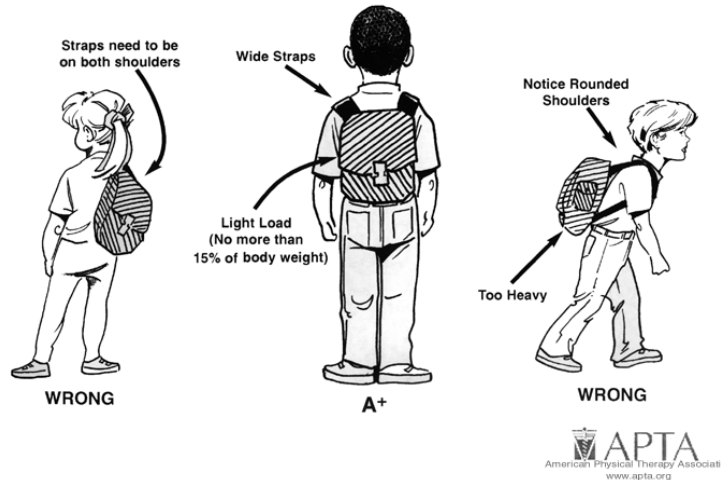
- ☺ Back pain is the leading cause of health problems and expenditure of healthcare dollars in the US.
- ☺ \$24 Billion spent each year on back pain
- ☺ Backpacks should weigh 15% or less of your child's bodyweight.
- ☺ 100 lbs = 15 lb. bag
- ☺ 80 lbs = 12 lb. bag
- ☺ 60 lbs = 9 lb. bag
- ☺ Shoulders and necks can also become sore and painful from overloaded backpacks.

Signs A Backpack is Too Heavy

- Change in posture when wearing the backpack
- Struggling with putting on or taking off the backpack
- Pain when wearing the backpack
- Tingling or numbness in the arms
- Red marks on the shoulders

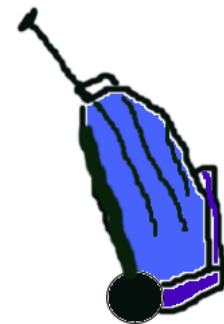
**Be Good To Your Back
Learn How To Pack!**

Is Your Child's Backpack Making the Grade?



Tips For Selecting and Using A Backpack

- A padded back to reduce pressure on the back, shoulders, and underarm regions, and to enhance comfort.
- Hip and chest belts to transfer some of the backpack weight from the back and shoulders to the hips and torso. Make sure to wear both straps.
- Multiple compartments to better distribute the weight in the backpack, keep items secure, and ease access to the contents.
- Compression straps on the sides or bottom of the backpack to stabilize the contents so the items are as close to the back as possible.
- Reflective material to enhance visibility of your child to drivers at night.
- Wheeled backpacks are a good option, just remember that going up and down stairs or fitting into lockers or on buses may still be a challenge.
- When choosing a wheeled backpack, make sure the handle extends long enough so your child doesn't have to twist and bend, and that the wheels are large enough that the backpack doesn't topple.



Postural Stretches

Upper Back Stretch

Clasp hands together in front of you and reach forward. Relax head down. Hold 10 seconds.

Extension Stretch

Place hands behind neck. Sit up tall and lean back slightly. Hold 10 seconds.

Chest Stretch

Grasp hands together behind back and reach back, pinching shoulder blades together. Hold 10 seconds.