

Is your backpack getting you down?

LANGARA HEALTH SERVICES – HEALTH TOPICS

IF SO...HERE ARE 3 EASY STEPS TO BETTER BACK HEALTH

- ① Strip down your burden
- ② Strap it at the waist
- ③ Share the load between both shoulders

WONDERING HOW HEAVY IS TOO HEAVY?

According to the American Academy of Orthopedic Surgeons, your backpack should not be more than 15% of your body weight.

So what should you look for in a good backpack?

- Padded back that does not dig into your back
- Contoured shoulder straps to better balance weight
- Waist belt to transfer weight to your legs
- Reflective materials are a good idea in the night

BACK-SAVING TIPS

- Lifting – with your feet shoulder-width apart, bend your hips and knees keeping your back as straight as possible.
- Posture – think tall with your chest lifted, shoulders relaxed, chin tucked in and level.
- Sitting – don't sit for long hours; stand up, stretch and walk around.
- Driving – position your car seat so your back is supported and your legs are relaxed and slightly bent.
- Sleeping – your mattress should be firm enough to support your spine in a neutral position.
- Exercise – a healthy body-weight gives less strain on your back.

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