

News You Can Use

Backpack Overload

(NAPSA)—Could that textbook your child just crammed into his backpack be one item too many? Every day, millions of kids—along with countless working adults and hikers—carry those bags. But load them up too heavily or wear ones that don't fit properly, doctors warn, and there's a risk of injury.

“Backpacks that are slung over one shoulder, as well as heavier shoulder-strap bags, tend to shift



Watch Your Back—Backpacks that are worn improperly or that are too heavy could cause injury.

the center of gravity of the body and can lead to neck and back fatigue and injury,” explains Dr. Gerard W. Clum of the Foundation for Chiropractic Progress. “The greater the weight and imbalance, the greater the potential for problems.”

Dr. Clum offers these tips:

- Avoid carrying more than 10 to 15 percent of your body weight.
- Distribute weight evenly.
- Select packs with padded shoulder straps and lumbar support.
- Bend your knees when lifting a heavy pack.
- Carry only what's needed.

For more information, visit www.yes2chiropractic.com.