AUSTRALIAN CHILDREN are at RISK of PERMANENT SPINAL DAMAGE because of INCORRECTLY PACKED and FITTED SCHOOL BACKPACKS

According to an international study, daily backpack carrying is a frequent cause of discomfort for school children. School backpacks were felt to be heavy by 79.1% of children, to cause fatigue by 65.7%, and to cause back pain by 46.1%.

Chiropractors are uniquely positioned to educate parents, teachers and students about spinal health care through their minimum five years university training. Each week, there are approximately 200,000 visits to Australian chiropractors for a broad range of reasons.

Chiropractic care has been proven to be effective, and can restore correct function and relieve pain symptoms associated with the carrying of heavy backpacks.

Chiropractic possesses an excellent safety record, and through their five year university training, chiropractors are the spinal health experts.

Discover for yourself why there’s so much more to chiropractic.


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Some tips to prevent back pain associated with the carrying of heavy backpacks:

- Never carry more than 10% of your body weight
- Wear your bag over both shoulders
- Pack heaviest items closest to your back
- Pack only what you need

With bags this heavy, it’s no wonder many kids think school is a “pain in the back!”

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