

DID YOU KNOW...

that backpacks can influence your child's posture?



Researchers have been studying the influence of backpacks on children's spines for years. In one of the most recent studies, researchers evaluated the head-on-neck posture of 985 students, aged 12 to 18 years. The craniovertebral (head-on-neck) angle of subjects wearing backpacks, and not wearing backpacks, was investigated and it was determined that backpack use significantly altered this posture in every age group studied. This result was especially true in younger students.

The study also determined that increased pack load did not appear to correlate with changes in craniovertebral angle. This led to the conclusion that "craniovertebral angle may not be the most sensitive measure of head-on-neck postural change for adolescents."

Additional studies regarding posture and backpacks have found that children, unlike adults, do not adjust their stride when tired. Instead they will compensate for disproportionate backpack weight with a dramatic drop forward in their head and uneven posture. This stress may result in immediate effects to their posture and, if ignored, eventually could lead to long-term damage of their spine.

If you are concerned about your child's spine; when scheduling your next appointment, mention that you would like to bring in your child and their backpack for a complimentary screening.

For more information visit <http://icpa4kids.org/Wellness-Research/backpacks-affect-teen-postures.html> and <http://www.acsm.org/AM/Template.cfm?Section=Search&template=/CM/HTMLDisplay.cfm&ContentID=1643>