

DID YOU KNOW...

that more than 20,000 children a year suffer from backpack injuries?



These injuries range from contusions, to sprains and strains to the back and shoulders as well as fractures.

"Back pain in children is not so uncommon anymore," according to John Purvis, MD, pediatric orthopedic surgeon. Orthopedic surgeons nationwide have seen an increase in children visiting their offices complaining of back and shoulder pain. If a child complains of back pain, parents should consider that it might be due to the backpack or perhaps something more serious. Back pain that persistently limits a child's activities, requires medication or alters sleep patterns warrants investigation."

While some experts disagree on whether heavy backpacks are the source of back pain in children, most agree that using good judgment when wearing one will reduce the risk of backpack-related injuries. It is important to partner with children on the selection, packing and caring of the backpack.

Talk to your Family Wellness Chiropractor about a backpack or postural evaluation.

For more information visit www.highbeam.com/doc/1P3-1332410801.html