

The Recovery

San Antonio Center for Physical Therapy Newsletter

Backpack Basics

Have you seen a child leaning to the left or right to support a heavy backpack on the opposite shoulder? If the load is too heavy it might cause the child to arch their back as well. While it may seem a little far-fetched, wearing a heavy backpack day-in and day-out over the course of months or years may increase the risk of spinal injury. Carrying heavy loads will cause your child to adopt compensatory and faulty postures. These compensatory postures cause undo strain on the neck, shoulder, and back soft tissues. Spine disks are compressed unevenly, more muscular energy is required which can lead to fatigue and possible soft tissue damage. In 1999, more than 3,400 pupils between the age of 5 and 14 years went to emergency rooms for injuries related to backpacks according to the United States Consumer Product Safety Commission.

So how do you avoid back pain by backpack? Here are some simple backpack safety rules:

1. Wear the backpack over the middle back, not high around the neck or low around the waist.
2. Wear both straps. Don't let your child carry the weight of the backpack on one shoulder.
3. Minimize the contents in the backpack. The weight of the backpack should not exceed 10% of your child's body weight.
4. Keep the heavy objects closest to the body.

IT IS ALSO IMPORTANT TO RECOGNIZE THE BACKPACK WARNING SIGNS:

1. Your child has difficulty lifting the backpack.
2. Side bending, forward bent or arched spine postures to adapt to the weight of the backpack.
3. Pain when wearing the backpack
4. Tingling or numbness



SAN ANTONIO Center for Physical Therapy

Personally Tailored Pain Relief

San Antonio Center for Physical Therapy is a privately-owned clinic offering personalized rehabilitative care to individuals with neuromuscular and musculoskeletal dysfunctions. The Doctors of Physical Therapy are certified Manual Therapists and specialists in orthopedic and sports injuries. We are committed to excellence by providing quality, cost-effective, outcome-based physical therapy. It is of utmost importance that our patients are treated with respect and friendliness in a professional, caring environment.

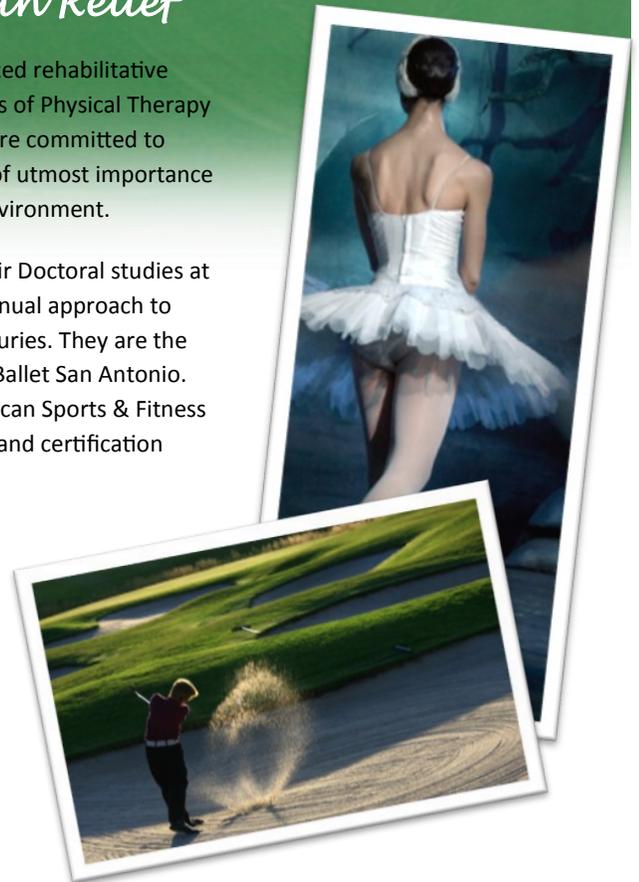
Dr. Jarrett and Dr. Nietz received their Manual Therapy Certification (MTC) during their Doctoral studies at the University of St. Augustine for Health Sciences in Florida. They utilize a unique manual approach to specialize in the treatment of spinal dysfunction, headaches, neck pain, and sports injuries. They are the company Physical Therapists for San Antonio's premier professional ballet company, Ballet San Antonio. Dr. Jarrett and Dr. Nietz have specialized training and certifications through the American Sports & Fitness Association and the Harkness Center for Dance Injuries. Dr. Nietz has further training and certification through BACKtoGOLF and the Titleist Performance Institute.



Shea E. Jarrett
PT, DPT, MTC



Brian C. Nietz
PT, DPT, MTC



San Antonio Center for Physical Therapy
Located in Suite 210 of the Sonterra Oaks Medical Plaza

From I-10:

Take 1604 East to 281. Stay on access road and take the turnaround to access road for 1604 West. Turn right on Hardy Oaks Blvd, just past Macaroni Grill.

From 281, Heading North or South:

Take Sonterra Blvd Exit. Take right onto Sonterra Blvd. Turn left on Hardy Oak Blvd.

From I-35:

Take 1604 West to Stone Oak Pkwy Exit. Merge to right lane of access road. Turn right onto Hardy Oak Blvd, just past Macaroni Grill.

