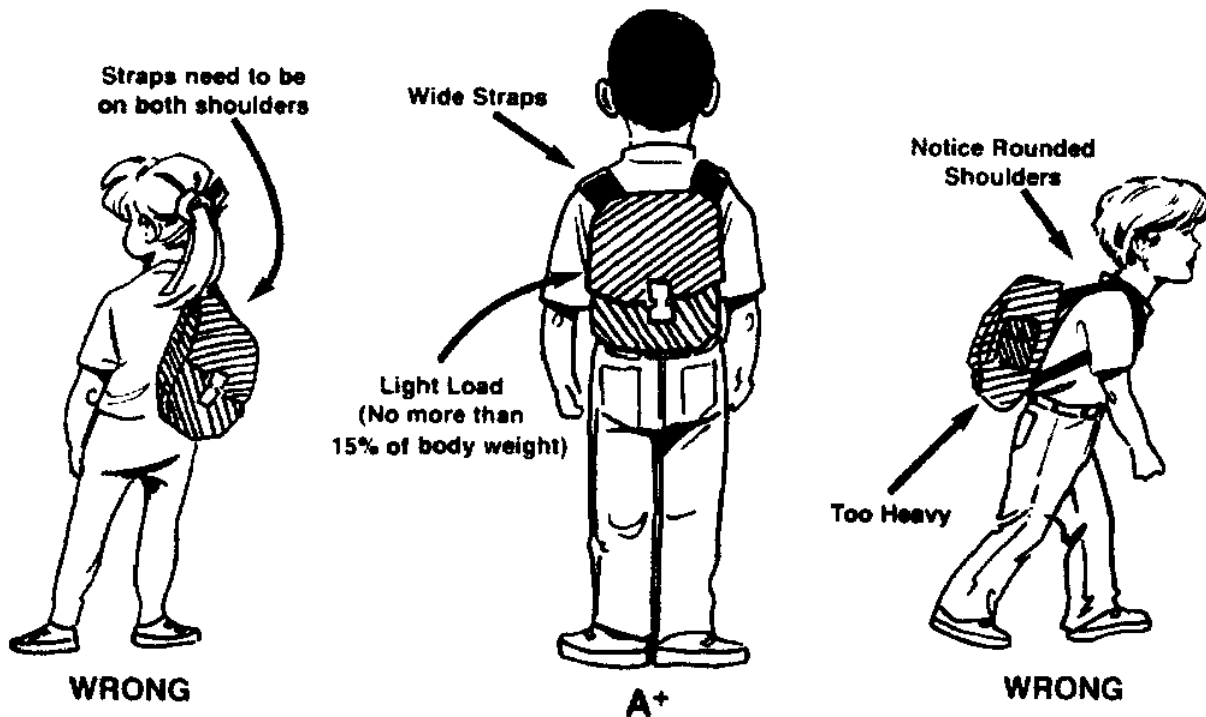


Is Your Child's Backpack Making The Grade?



American Physical Therapy Association

- Your backpack should not weigh more than 15% of your body weight:

50 lb. Child	-	7.5 lb maximum weight of backpack
75 lb. Child	-	11.25 lb maximum weight of backpack
100 lb. Child	-	15 lb maximum weight of backpack

- Try to make frequent stops at your locker or cubby and leave unnecessary items there or at home.
- The bottom of the backpack should sit in the middle of the back and not "sag down" below the belt line.



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Physical Rehabilitation "Centered on You"
Division of The TherapyCenter, Inc.

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