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db Orthopedic
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LINCROFT MANALAPAN

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1. Backpack load should not exceed 10-15% of your child's weight. Therefore, if child weighs 100lbs, max. weight of backpack should be 10-15lbs.
2. Keep heaviest items closest to spine on bottom of backpack.
3. Backpack should never hang more than 4 inches below the student's waist.
4. Must wear both straps! Never one strap over shoulder to carry backpack.
5. If school allows, consider a backpack with wheels.

Red Flag Signs that Backpack is too heavy

- Red marks on skin where straps are positioned
- Pain complaints when wearing the backpack
- Tingling or numbness in the arms or hands

If any of these symptoms develop, call us for an appointment to determine if a problem is developing.