

Development of the BACKPACK®

BACKPACK® was developed by a physical therapist who has focused on prevention and rehabilitation of back injuries for 40 years. In her work she continually sees the disabling effects of bad posture.

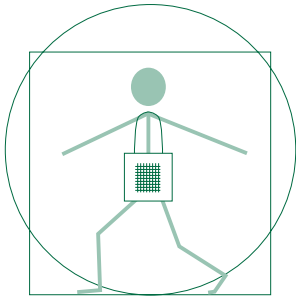
As the use of backpacks has become more widespread, she has seen with alarm the postural distortion that they cause. Children and adults have adopted the “backpack posture” for everyday activities.



She designed the **BACKPACK®** so that load carrying could be a positive training system for posture, balance, and strength of muscles

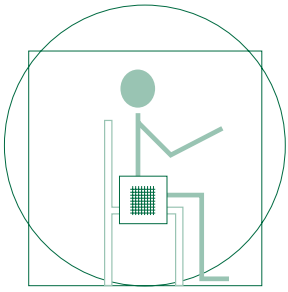
and bones. She chose the “T” in **BACKPACK®** for the image of a “T” the body makes when standing or sitting fully upright. Many students have contributed to the design of **BACKPACK®**, and continue to be involved in its testing and development.

Although initially designed for students, the **BACKPACK®** is useful for people in all walks of life, such as commuters, business travelers, motorcyclists, expectant mothers, emergency workers, quilters, electricians, ship builders, photographers, to name a few.



What the BACKPACK® Allows You to Do

BACKPACK® allows you to stand, walk and sit with your spine and head tall. These postural habits are the foundation of lifelong healthy movement.



You can sit comfortably while wearing the **BACKPACK®** because you can sit back into the seat and the load is transferred to the sit strap, off your spine and shoulders.

BACKPACK® compartments are at your sides instead of behind you, making them accessible to you and not to others. You don't have to take off your **BACKPACK®** to get to your belongings.

The **BACKPACK®** allows you access to its pockets, even when you're sitting, or in a crowded space. And you won't knock people over when you turn around.

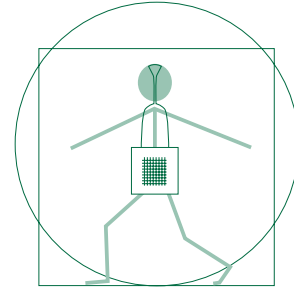
You can bicycle with more stability while wearing the **BACKPACK®** because of the balanced load and lower center of gravity.



Please note that wearing the **BACKPACK®** does not guarantee good posture. When you wear it, sit, stand and walk as tall as you can be. Let this conscious habit carry over into all your activities.

Important When Wearing the BACKPACK®

- Adjust length so that the bottom of the bag is at your knuckles when arms are at sides.
- Load both sides as evenly as possible.
- Stand tall like a “T” with lifted heart and relaxed shoulders.
- Never slump when carrying or applying a load.
- For heavy loads or prolonged carrying, use a belt through belt loops against body, to apply some of the load to the hips. (Not available in BTP1)
- Relieve your shoulders occasionally by gripping under the bag with your hands.
- When sitting, be sure sit strap is buckled in order to transfer the load off the shoulders onto your thighs.
- If you have an existing back problem, consult your health care practitioner before loading your spine.



BACKPACK® is a new product. Please let us know what you like about it and how it can be improved. Contact us at info@backpack.com.

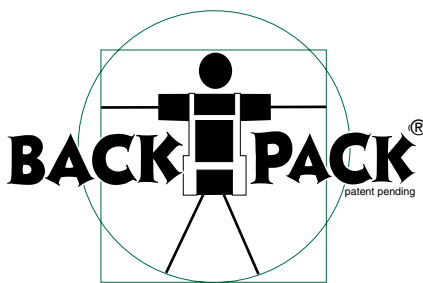
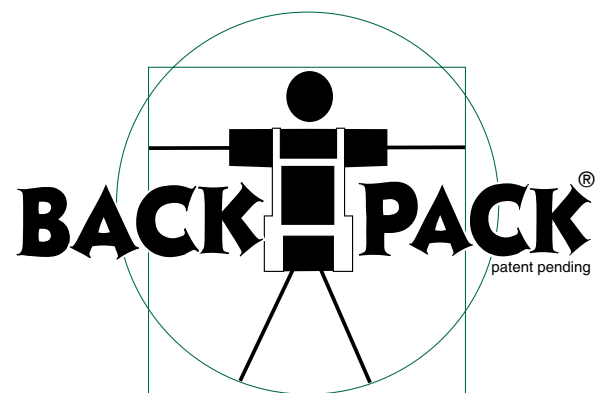
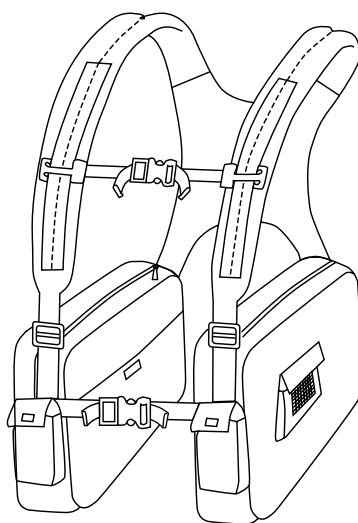
It is crucial for lifelong spinal health to practice good postural habits, especially during the years of rapid and permanent skeletal development.

Millions of kids have pain and injuries from backpack use. Most often this pain is unreported. The main causes are the postural distortion that backpack wearing creates and the twisting and lifting required to put a backpack on and off throughout the day.

Back pain in childhood often leads to adult back problems. Chronic pain in kids affects brain development and learning, and we all know how pain affects our willingness to be active and our positive outlook.

Osteoporosis, a loss of bone density, is another condition related to inactivity and poor posture during youth. It affects more than 30 million Americans. Bone mass is developed during the growth period. Applying load to the skeleton in good alignment during this period contributes to strong bones for a lifetime.

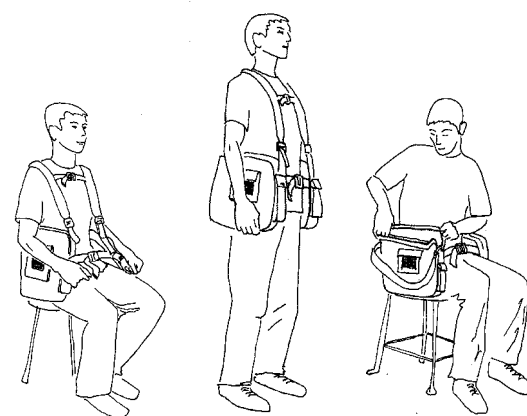
A recent study with middle school students showed a dramatic improvement in posture and marked reduction in pain when students switched their normal load to the **BACKPACK®**.



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Product Endorsed by
American Physical Therapy Association.

For more information visit www.apta.org/productendorsement.



A Natural Way to Carry