

BACKT+PACK

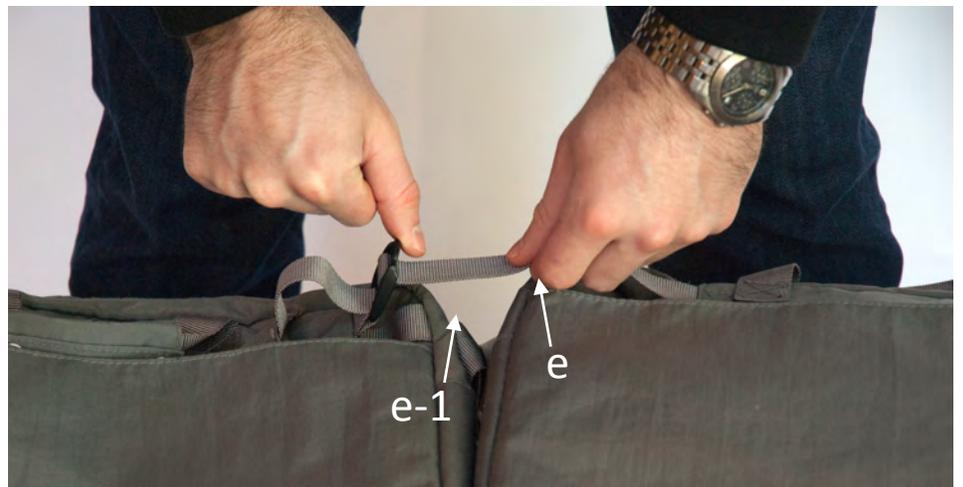
Fit and Use Instructions for BackT+pack 4

BackT+pack is a therapeutic system, designed by a physical therapist to improve habits of posture and body mechanics. This requires changing ingrained habits. BackT+pack must be fit correctly and its unique features understood for proper function and benefit. The goal is to have your best posture, especially when carrying a load. BackT+pack will not do it for you but will allow and facilitate this optimal posture.

Adjust **Shoulder Straps (f)** so that tops of bags are near your elbows. Bags should hang straight and loosely at sides.



Adjust desired hip width using the **Adjuster (e-1)** at back of the **Hip-Loading Belt (e)**. Do this by tipping the **Adjuster** to 90 degrees from webbing and slide **Hip-Loading Belt** to the desired position.



Load bags evenly with flat items, similar to the weight you are accustomed to carrying.

Put on like a vest, with embroidered label on the outside of the back panel. If heavily loaded, place the bag on a chair or bench and sit down within it to put it on, one shoulder at a time. Make sure that the straps are not twisted.



Stand as tall as possible, heart high, head high making the body like a tall "T", shoulders relaxed. Adjust and fasten **Sternal Strap** at upper- to mid-chest.



Stand and adjust shoulder straps so that they are even, with tops of the bags near elbows so you can get into them easily. If the contents are bulky you can use bag as an armrest, hands comfortably gripping shoulder straps.



Fasten **Lap Strap (d)** loosely. This IS NOT a hip-loading belt.



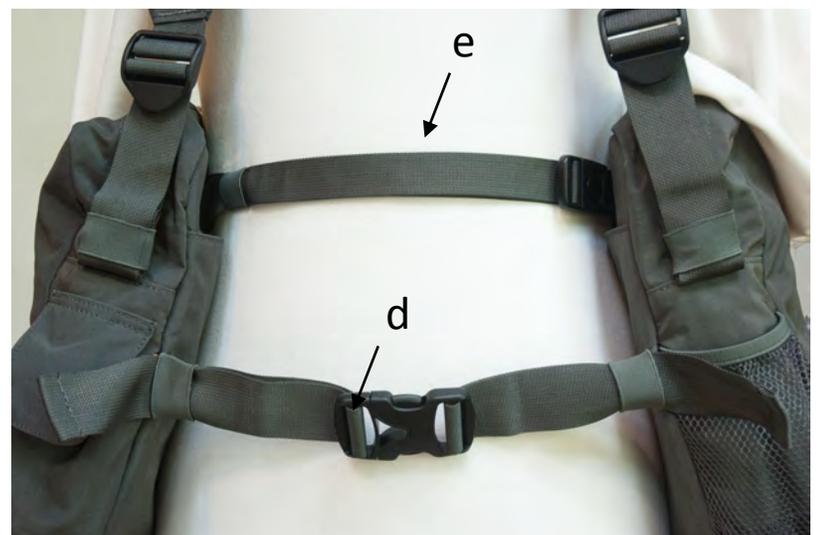
The **Lap Strap** is for load transfer onto thighs when sitting in an armless chair or when squatting to pick something up, etc.



If you wish to use the **Hip-Loading Belt (e)**, adjust for your size at its front buckle.



This photo shows the two different straps. The **Hip-Loading Belt (e)** is the higher belt that fastens around your waist. The lower, wider, **Lap-Strap (d)** is only at the front of the two bags and is used to transfer the load to your thighs when you sit down.



Sit in an armless chair with the bags on either side of the chair, **Lap Strap** loosely fastened so that bags hang to sides for access (**Hip-loading Belt** not fastened). While sitting tall and shoulder straps on, make sure all the weight has transferred onto **Lap Strap** across lap. If you still feel weight on your shoulders while sitting tall, lengthen the **Shoulder Straps** until you feel all the weight onto your lap without a lot of slack in the shoulder straps. This is the correct length.



Next unbuckle the **Lap Strap** and see why it is such an important feature for sitting in an armless chair!



Fasten the **Lap Strap** again and remove the shoulder straps to experience the freedom and convenience of being able to access contents while sitting, and without spinal loading. This unloading system while sitting is an extremely important health feature of BackTpack



Be sure to put the shoulder straps back on again before getting up!!



If you have pain with any loading, spinal deformity, recent injury or surgery, or are planning to carry a heavy load for long distance, we recommend using the **Hip-Loading Belt**. Adjust the **Front Buckle (e-2)** to fit the belt to your waist or where you are most comfortable. Then fasten the **Hip-Loading Belt** to take some or all of the weight off of your shoulders and spine. The **Hip-Loading Belt** should not be used with prolonged sitting due to abdominal compression. Use the **Lap Strap** when sitting. The **Hip-Loading Belt** may be stowed away when not in use.



We hope you enjoy your BackTpack!

If you would like to contact us, please email info@backtpack.com, or call 503-365-7554