

*"Other bags force our body to adapt to the weights we bring, instead of the load to our body physiology. Not in this case."*

– Jader Tolja, MD  
Association for Body  
Conscious Design



### Feature Comparison

	BTP 1	BPT 2	BTP 3	BTP 4
Lap-strap	•	•	•	•
12 Pockets	•	•	•	•
"Briefcase" Handles	•		•	•
Magnetic Closures	•			•
Velcro Closures		•	•	
Bottle Holder		•	•	•
Key Fob		•	•	•
Headphone Port		•	•	•
Hip Loading Belt Loops		•	•	
Hip Loading Belt				•
Inside Loop				•
Nylon Fabric	Ripstop	Ripstop	Crinkle	Crinkle
Available Sizes	M	S, M/L	S, M/L	One Size Fits All

# BACKTTPACK

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www.backtpack.com



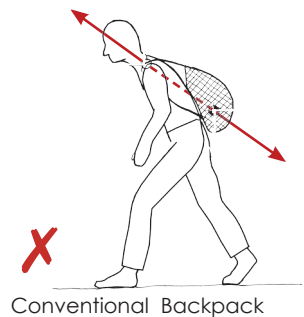
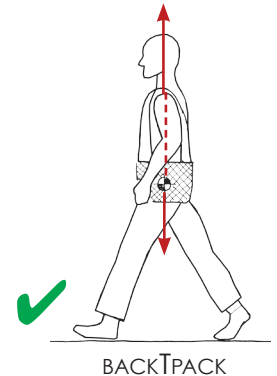
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# BACKTTPACK

## STRAIGHTEN & STRENGTHEN

- Ergonomic school bag, travel bag, laptop carrier, commuter bag
- Improves posture, balance, and strength
- Reduces posture-related pain

## THE HEALTHY WAY TO CARRY





## WHY BACKTPACK . . .

**BackTpack** was designed by a physical therapist to **reduce pain and train tall strong posture** with everyday carrying. Tall strong posture is the foundation of fitness and injury prevention.

Poor posture from backpack use contributes to pain and injury in millions of school children and adults.

The “T” in BackTpack is for visualizing your body as a tall T with head high on top.

**With BackTpack, the side bags apply the load onto the vertical spinal axis** through both shoulders.

This puts you in the most efficient position for your bones, muscles, and all the systems of the body to work in harmony with gravity.

**Why the load feels lighter with BackTpack:** With a conventional backpack the load is behind you, but the support is at the front of your shoulders creating a horizontal force component. This horizontal component is added to the weight of the load.

**With BackTpack there is no horizontal force. Less total force is required, so the load feels lighter!**



**Why you can stand straight with BackTpack:** With BackTpack, the load aligns vertically with your center of gravity unlike a conventional backpack with the load in the back. **No more leaning**

**forward to keep from falling over, even if the load is increased.**

- **Access to items at all times** and organized in multiple compartments. Secure location at sides deters access by others.

- **Safe for users and those around you** when in crowded areas. You have better balance, control, and awareness of the space you occupy.

- **Can sit with it on**, avoiding the frequent twisting and bending required to remove other bags. The unique **LAP-STRAP** transfers the load to your thighs and off your shoulders and spine when you sit and when you squat.



- **Hip loading belt** for long distances, heavy loads, or spinal pathology.

- **Proper fitting is essential** for the health benefit of BackTpack. See our website, instructional video, and hangtag for fitting instructions.

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***A study with middle school students showed a dramatic improvement in posture and marked reduction of pain when students switched to BackTpack.***

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Wearing the BackTpack does not guarantee good posture by itself. When you wear it, sit, stand and walk as tall as you can be. Never slump when carrying a load. Let this conscious habit carry over into all your activities.

If you have an existing back, neck or shoulder problem, consult your health care practitioner before carrying any loads. Safe load limits for backpacks apply to BackTpack as well.