

BACKT+PACK

Fit and Use Instructions for BackTpack 2 and 3

BackTpack is a therapeutic system, designed by a physical therapist to improve habits of posture and body mechanics. This requires changing ingrained habits. BackTpack 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. BackTpack will not do it for you but will allow and facilitate this optimal posture.



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



Load bags evenly with flat items, similar to the weight you are accustomed to carrying. It is easiest to load your BackTpack on a table, bed or chair.

Put it on like a vest, with embroidered label on the outside of the back panel. Place the BackTpack 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", with shoulders relaxed.



Adjust and fasten the **Sternal Strap** at upper- to mid-chest. If the contents are bulky you can use bag as an armrest, hands comfortably gripping shoulder straps.



No need to take off your bag to sit down or to get into it. Just sit down with your **Lap Strap** fastened loosely so that the bags hang down to your sides.

You can remove the shoulder straps if you want to, but you will be able to get into each side-bag while you are seated.



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 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** accessory.

Adjust the **Hip-Loading Belt** to fit your waist or where you are most comfortable. Then lace it 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.

Enjoy your BackTpack!

To contact us, please email info@backtpack.com, or call 503-365-7554