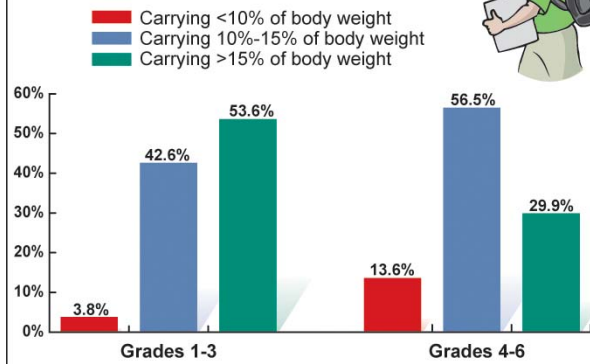


When Backpacks Lead to Back Pain

This survey of 101 elementary schools in Israel assessed risk factors for low back pain in 10,000 schoolchildren. Inappropriate backpack weight proved to be a significant potential source of LBP in all age groups.*



* As this study notes, the literature suggests that students carry no more than 10%-15% of body weight to avoid potential injury.

SOURCE: Limon S, Valinsky LJ, Ben-Shalom Y. Children at risk: risk factors for low back pain in the elementary school environment. *Spine*, March 1, 2004;29(6):697-702.