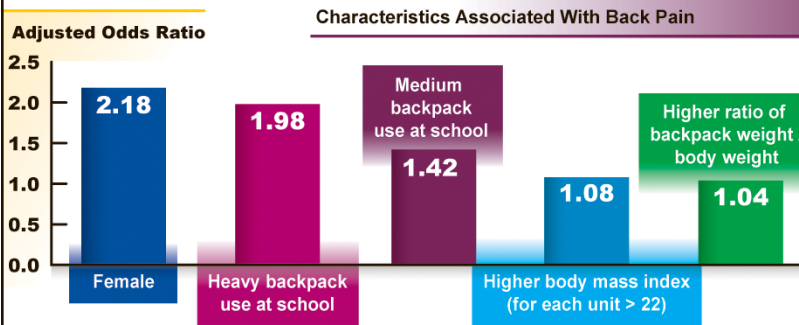


Bringing Back Pain to Class

Looking for more proof of the dangers of improper backpack use? In a recent study published in *Spine*, researchers found high rates of back pain (74.4%) among students ages 12-18 who reported regular backpack use, and noted the following characteristics associated with back pain in this subject population:



Overall, students with back pain carried significantly heavier backpacks, representing a significantly greater percentage of their body weight, than those without back pain.

SOURCE: Sheir-Neiss GI, Kruse RW, Rahman T, Jacobson JP, Pelli JA. The association of backpack use and back pain in adolescents. *Spine*, May 1, 2003;28(9), pp922-30.