



(NAPSA)—There’s an issue weighing heavily on the minds of some health professionals—the weight of many school backpacks. More than 40 million children in the U.S. carry school backpacks and more than half may carry too much weight—leading to neck, shoulder and back pain, as well as poor posture. The American Occupational Therapy Association (AOTA) has solutions to help solve the problem.

“Every year, we see children with stooped shoulders and aching backs from carrying backpacks that are too heavy or improperly carried,” said Dr. Carolyn Baum, AOTA President. “Long-term health problems can be prevented by carrying backpacks that weigh no more than 15 percent of body weight. Also, heavier items should be loaded closest to the back, with both shoulder straps worn for an evenly balanced load.”

For more information, visit www.promoteot.org/AI_Backpack_Awareness.html.