

Everything you need to know each month from Optimal Health

[View this email in your browser](#)



heavy bags

AND YOUR BACK

September 2022

Heavy Bags (of all kinds!) and Your Back



It's back to school time around here which often means kids piling too much in their backpacks and lugging them around. But it's not just kids and backpacks that are guilty of carrying a heavy bag and causing back pain. Whether it's shopping bags, one shoulder bags or even purses (you know THOSE purses!), we're here to help you carry that load without breaking your back.

Backpacks: Backpacks typically affect the younger population. Most backpacks are worn by people between the ages of 7-22. The American Chiropractic Association posted an article citing back pain occurring earlier in life than in previous generations. One of the conclusions drawn in the article is the earlier onset of back pain may be occurring because of overweight backpacks.

When it comes to backpack safety there are a few things to keep in mind. Both the fit of the pack and the way you wear it are important. Backpacks should be worn with two straps and the straps should be 2 inches thick to distribute the weight across the shoulders. The bottom of the backpack should land near the waistline. A backpack should not weigh more than 10% of the individual's body weight. The weight that is placed in the backpack should be dispersed evenly throughout the bag, not all stored in one compartment.

One Strap Bags (and Purses!): Purses and one strap bags are typically worn by adults, however similar rules still apply. One shoulder bag should never exceed 10% of body weight and really, I would recommend much less than 10% of body weight for daily use. Heavier one shoulder bags can cause unevenness in body posture. Over time the imbalance can cause tilting in the spine which may cause permanent alignment changes to your body. Generally speaking one shoulder bags with thicker straps and multiple pockets to evenly distribute weight are better. Having a bag that is for shorter endeavors and a bag for longer days is probably a good idea if you can. Also if you wear a one shoulder bag frequently, switching shoulders during the day will help, balancing the postural effects of a one shoulder bag.

Shopping Bags: Shopping bags, such as grocery bags, can also have effects on back pain. As some stores start to phase out disposable bags the effects may become even larger. Typical plastic grocery

bags have always had a limit to how much can be packed away in them. Newer reusable bags are much stronger and more durable and as a result, people are starting to load more items per bag making the stress on your back, shoulders and wrists much larger.

There are a few things to consider when carrying shopping bags. Try making the bags lighter by using more bags and make more trips back and forth so you aren't carrying one huge bag. If possible, carry one bag in each hand to balance the weight and use bags with wider straps to protect your fingers and wrists. Place the heavier items towards the bottom of the bag. This keeps your lighter items from getting smashed (bonus!) but it will keep the bag more balanced in your hand.

Whether you are out shopping, traveling, taking your kid to school or just getting from one place to another, we hope these tips help keep your back (and shoulders and wrists!) feeling great so you can keep going. And if you do over do it, just remember I can help.

- Dr Chris



Labor Day Closure



Thank You!

Out Of The Office On Labor Day

Just a quick reminder that we will be closed for Labor Day on Monday, September 5th. We hope everyone enjoys their time and we look forward to being back in the office on Tuesday, September 6th.

As always, jump online to schedule your appointment and stay on track: optimal-health-chiropractic.booksy.com (or give the office a call at 303.466.3988)

Nextdoor Favorite

We were VERY excited to find out that Optimal Health was voted as a Nextdoor 2022 Neighborhood Favorite! Thank you for recommending us and for your continued support. What a fun surprise, we are definitely feeling the love! As always, referring your friends and family (and neighbors!) is the biggest complement we can receive and we could not appreciate it more when you send them our way.



Copyright © 2022 Optimal Health Chiropractic, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#)

