

Mayo Clinic Minute

Beware the big backpack

| | AUDIO |
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| | All that reading, writing and arithmetic ... |
| | <i>Sound of a backpack being dropped on a kitchen countertop</i> |
| | can really add up. |
| Title: Elizabeth Cozine, M.D. Family Medicine Mayo Clinic | “As kids are growing and developing, they’re at risk for injury if they’re carrying something that’s really too heavy for them.” |
| Graphic: Sore joints Achy muscles Back pain | Mayo Clinic Family Medicine Specialist Dr. Elizabeth Cozine says complaints of sore joints, achy muscles and back pain are signals that your student’s backpack may be a problem. |
| Elizabeth W. Cozine, M.D | “Most young kids don’t have low back pain or any back pain at all. And, so, I take that pretty seriously.” |
| Graphic: 15 percent of body weight | Dr. Cozine says a good rule of thumb is to keep the backpack load to less than 15 percent of your student’s body weight. |
| Elizabeth W. Cozine, M.D. Graphic: 100-pound student 15-pound backpack | “So a kid who weighs 100 pounds might have a backpack up to 15 pounds, which I think is really pretty darned heavy. So I’d really suggest even less than that.” |
| Graphic: Smaller backpack Wide straps Use both straps | When possible, choose a smaller backpack with wide straps. Remind your student to wear both of them on his or her shoulders. And ask, ... |
| Elizabeth W. Cozine, M.D. | ... “What are you carrying around?” |
| | If the answer is “everything,” help your student figure out how to lighten the load. |
| | For the Mayo Clinic News Network, I’m Jeff Olsen. |