

Keeping Backs Healthy as Kids Head Back to School – soundbite transcript

SOT

Kelly Bogowith, OSF HealthCare Physical Therapist

“55% who wore backpacks were wearing them beyond the safe recommendation, which is a maximum of 10 to 15% of their body weight. Also in that study they found a third of the children were having back pain that caused them to miss school, see a physician or stay out of activities, so it’s a pretty prominent problem.”

SOT

Kelly Bogowith, OSF HealthCare Physical Therapist

“We do know that kids who have back pain tend to have recurrent back pain, and once you have one episode of back pain, you tend to have additional. So, I think it’s a concern that’s definitely worthy of a parent taking a look at with their child.”

SOT

Kelly Bogowith, OSF HealthCare Physical Therapist

“If the child is leaning forward, or arching their back, or even just complaining of neck pain, shoulder pain or back pain, those are some things to further investigate into the proper fit of the backpack and the weight.”