

**School
Time**

BACKPACK SAFETY TIPS

The 3 Most Important Things About Backpacks

Don't Overfill Them

Total maximum weight is 10-15% of your child's weight.

Use the Straps

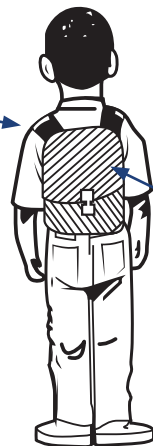
Don't allow your kids to carry their backpack over one shoulder all the time.

Don't Pull on Them

Pulling back on a backpack can injure neck muscles and misalign the spinal column.

A Properly Worn Backpack

WIDE STRAPS



LIGHT LOAD

(No more than 15% of body weight)

DANGER SIGNS:

- **Headaches**
- **Neck Pain**
- **Upper Back Pain**
- **Shoulder Pain**

If your child is experiencing any of the above, call now for a

FREE Phone Consultation

Student Special

Includes:

- PRIVATE CONSULTATION
- EXAMINATION (up to 40 tests)
- X-RAYS (if necessary)
- FIRST GENTLE TREATMENT

\$59 for you or one child.

or

\$99 for you AND your child.

Expires 10/31/17 • NW Clipper

Also Serving: Lynnwood • Edmonds • Shoreline • Mill Creek • Bothell



Results You Can Feel.

425-670-2600

OPEN 5 DAYS A WEEK

Call us to find out what chiropractic benefits are covered by your insurance.



BackToAction.com

6603 220th St. SW #100
Mountlake Terrace