



(919)761-5158

610 Dr. Calvin Jones Hwy. Suite #104

Wake Forest, N.C. 27587

Symptoms of improper Backpack
Loading & Carrying
Aching shoulders, neck, or back
Pain, tingling or numbness in the neck, arms or hands
Weakened muscles
Headaches
Hunched Posture
Leaning to one side, backward or forward
Red marks and creases on the shoulders
Struggling to put on or take off the backpack



(919)761-5158

610 Dr. Calvin Jones Hwy. Suite #104

Wake Forest, N.C. 27587

Refrigerator Backpack Checklist
First Sunday
Empty Backpack
Weigh Backpack
Check Strap Adjustments
Have the Strap Chat
Second Sunday
Empty Backpack
Third Sunday
Empty Backpack
Weigh Backpack
Check Strap Adjustments
Have the Strap Chat
Fourth Sunday
Empty Backpack