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**BackTpack**® was developed by Marilyn Miller von Foerster, a physical therapist on the Oregon coast, who has dedicated 35 years of practice to helping people with back problems. As part of her commitment to reduce the incidence of back disability, she began advising school districts on furniture selection and backpack use and alternatives. The need for students to have a school bag that loads the body in correct posture, and the absence of such a product on the market, compelled the creation of the BackTpack®.

The BackTpack® is a revolutionary, ergonomic carrying system that through everyday carrying habits, uses the vertical force of gravity for training proper alignment of the skeleton in the way the body was designed to function. For work, school, traveling, or hiking, the BackTpack® is designed to relieve back and neck pain, improve balance, and promote good posture. It allows you to stand, walk, and sit with your spine and head tall and your shoulders relaxed in a healthy "T" posture. You will be able to breathe more deeply and fully, and the organs of your body will have more freedom to move and function as compared to using a conventional backpack. These postural habits will contribute to lifelong healthy movement, and a strong skeleton.

Traditional backpacks require you to lean or pull forward to compensate for the load on the back. This posture has lead to many back, neck and shoulder problems. Since the load of the BackTpack® is balanced and aligned with your natural axis, no compensation is necessary. The body's response is only to strengthen a tall posture. The load feels much lighter to the wearers, especially as they realize that load, when applied in this manner becomes their friend not their burden, encouraging their body to be strong, upright, graceful and free. Please indicate color when ordering.

## STANDARD FEATURES:

- Side bags balance your load weight loading is vertical to allow vertical posture.
- Accessible compartments Compartments remain accessible whether you sit, stand, or walk. (Conventional backpacks are inaccessible behind you.)
- Adjustable, padded shoulder straps Secured in place by an adjustable sternum strap, so they never fall off your shoulders.
   Designed to free the arms for natural movement.
- Adjustable front-hip buckle closure This strap allows you to sit



and remove the load and shoulder



straps while the compartments remain accessible at your sides.

- Belt loops for optional hip loading
- Multiple pockets inside and out –

  2 cell phone pockets, one in front of each side bag; pen pockets inside each compartment; water bottle holders in each pouch; key clip; headphone port; large, zippered pocket inside each compartment; large, open-topped pockets with Velcro® closure against your body on each bag; small, outside "cargo" pockets with outer mesh on the right, solid on the left.
- Padded bases and panels –
   For durability and comfort.
- Rip-stop nylon fabric Lightweight, durable, water resistant, washable.
- In two sizes for kids and adults from 4'0" to 6'3" Small slightly narrower through the shoulders and back.



\*Visit www.apta.org/productendorsement for more information.