

NEWS RELEASE

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APTA ENDORSES BackTpack®

ALEXANDRIA, VA, February 9, 2007 – The American Physical Therapy Association (APTA) has endorsed the BackTpack®, an innovative carrying system that uses the vertical force of gravity to ensure proper alignment of the skeleton, developed by physical therapist and APTA member Marilyn Miller von Foerster, PT.

“Physical therapists are acutely aware of the postural problems children face when trying to adapt to a heavy load, such as arching the back, bending forward, or leaning to one side,” said R Scott Ward, PT, PhD, president of APTA. “The backpack was designed so that children and adults may be better able to maintain correct posture while carrying a load,” Ward said. “We are pleased to be able to endorse a product that can contribute to the effort to prevent back pain and improve balance.”

The BackTpack® is available in sizes for children and adults from 4’0” to 6’3” tall. Its vertical design allows for proper posture, and the side pockets and cell phone and pen pockets offer better balance, easy accessibility, and overall convenience when standing, sitting, or walking.

“It is crucial for lifelong spinal health to practice good posture habits, especially during the years of rapid and permanent skeletal development,” Miller von Foerster noted. “I am pleased to be able to use my education and training as a physical therapist in this way and to offer the BackTpack® as a new tool to help people of all ages achieve improved posture and reduce the incidence of back pain.”

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Miller von Foerster, who has helped patients with back conditions for 35 years, is a native Oregonian and received degrees from the University of Oregon, Duke University School of Physical Therapy, and San Francisco State University. For more information on the BackTpack®, visit www.backtpack.com.

Physical therapists (PTs) are health care professionals who diagnose and treat individuals of all ages, from newborns to the elderly, who have medical problems or other health-related conditions that limit their abilities to move and perform functional activities in their daily lives. PTs examine each individual and develop a plan of care using treatment techniques to promote the ability to move, reduce pain, restore function, and prevent disability.

The American Physical Therapy Association (www.apta.org) is a national organization representing nearly 70,000 physical therapists, physical therapist assistants, and students nationwide. Its goal is to foster advancements in physical therapist education, practice, and research. Consumers can access “Find a PT” to find a physical therapist in their area, as well as physical therapy news and information, at www.apta.org/consumer. For more information about the meaning of APTA’s product endorsement, visit www.apta.org/productendorsement.

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