

You've heard of Little League Elbow, but have you heard of...

BOOKBAG SHOULDER

An 11 year old boy of average size complained of a sore shoulder. His height was 4 feet 8 inches and he weighed 82 pounds. The pain had started in September, since the start of school, and was getting worse. He carried a very full bookbag and I watched him put it over his sore shoulder. The bag weighed 23 pounds.

I realized he was struggling to lift and carry 28% of his body weight every school day. This is equivalent to a typical adult man carrying fifty-five pounds on his shoulder!

We see many students who feel that in order to get good grades they have to carry way too much in their bookbags. They may develop back, shoulder, arm, or wrist strain from lifting and carrying too much. Most of the time your child's bookbag should weigh under 10% of his or her bodyweight, and should never exceed 15% of bodyweight.

This 11 year old patient should keep his bookbag weight under eight pounds if possible, and never above twelve pounds. Help your child decide what really needs to be carried in their bookbag. If the bookbag feels a little heavy, weigh it, and get the weight down!



Bookbags should weigh under 10% of bodyweight

Clarkstown Parentletter: Douglas Puder, MD,FAAP, Editor,Illustrator
Jeffrey Karasik,MD,FAAP, Gregg Rockower, MD, FAAP

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