

Unpacking the Mechanics of Your Bag

Association
chiropratique
canadienne

Canadian
Chiropractic
Association

Carrying heavy or poorly designed bags can lead to a range of musculoskeletal (MSK) issues. Proper bag use and adjustments are crucial for reducing strain and maintaining good posture. Here are a few tips for selecting and using bags to support your MSK health and minimizes discomfort throughout your workday.

BACKPACK

- The weight of your backpack should not be more than 10-15% of your own body weight.
- Pack heavier items at the back of your bag (closer to your body) to help distribute the load more efficiently.
- Check the adjustment of the straps by sliding your hand between the backpack and your back: if your hand doesn't fit, the backpack is too tight.
- Use a waist strap when possible to help keep the load distributed and closer to the body.



SATCHEL/PURSE

When carrying a shoulder bag for a long period of time, remember to carry your bag with alternating hands/shoulders to avoid overuse of one side.



CHIROPRACTIC TIP

Opt for a backpack with padded straps whenever possible to enhance comfort and reduces strain on your shoulders.

The suggestions provided in this document are for educational purposes only. No information from this document is intended as a substitute for professional medical advice, diagnosis, or treatment. Consultation with a chiropractor or another health care provider is recommended for anyone experiencing muscle, joint and/or nervous system complaints. While the information provided is up to date, the CCA recognizes that research and data are ever emerging and changing. Please use this information in conjunction with the best available evidence. Publication date: August 2024.