

Dr. Hort's Backpack Safety Program

In this day and age backpacks have become a necessity for many. If you or your children need to carry one, learn how to do it properly and avoid creating back/neck pain or long term problems. Dr. Hort offers a comprehensive backpack program to help kids stay healthy and become more aware of their posture.

Dr. Hort's backpack safety program includes:

- In office backpack evaluations and instruction on proper use
- A computerized postural analysis highlighting areas of stress/strain
- In classroom demonstrations and instruction on proper use of backpacks
- Backpack instructional in-service for teachers
- Handouts and activity sheets for parents, teachers and children

[Quick information handouts from the College of Chiropractors of Alberta](#)

[Long term implications](#)

[Handout for parents](#)

[Handout for teachers](#)

[Handout for kids](#)

[Activity sheets for kids](#)

[Backpack tips sheet](#)

[Lighten your load worksheet](#)