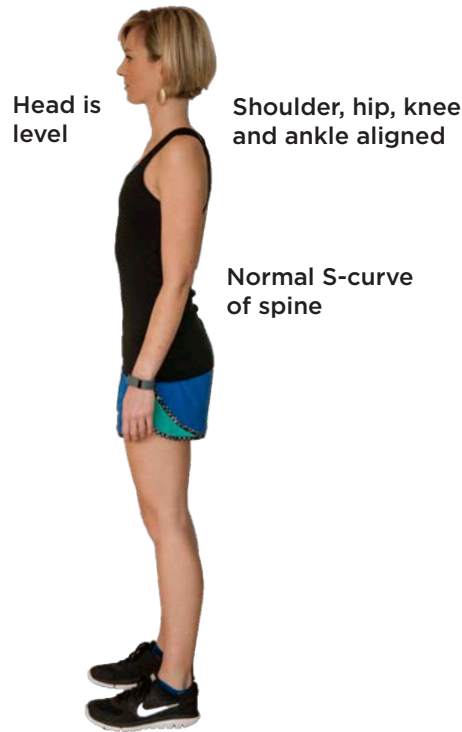
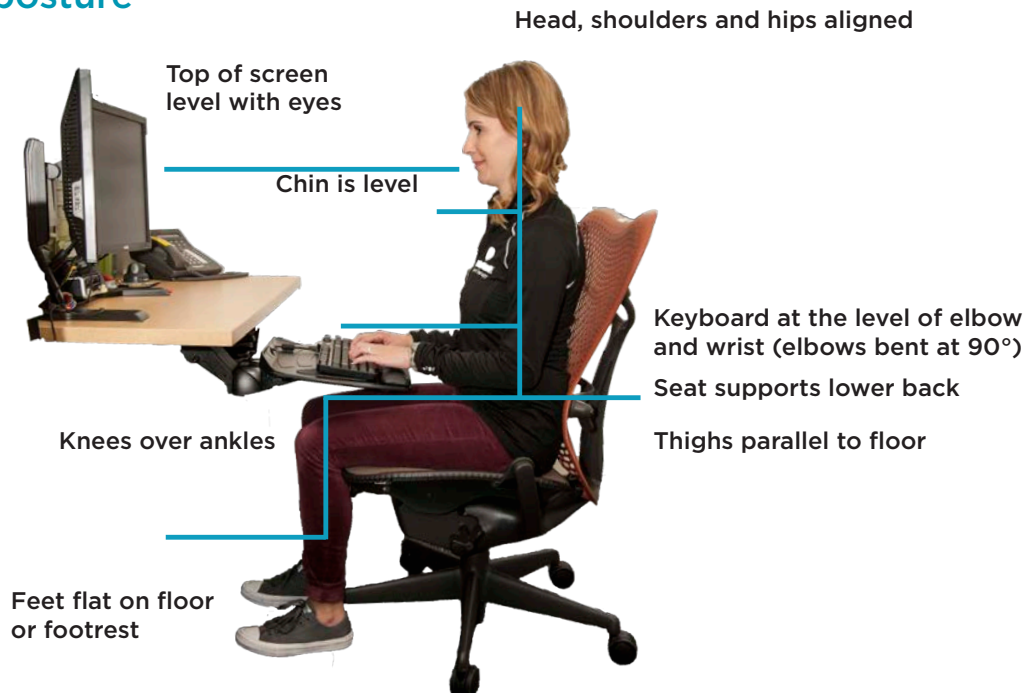


Safe Moves to Save Your Back

Good standing posture



Good sitting posture



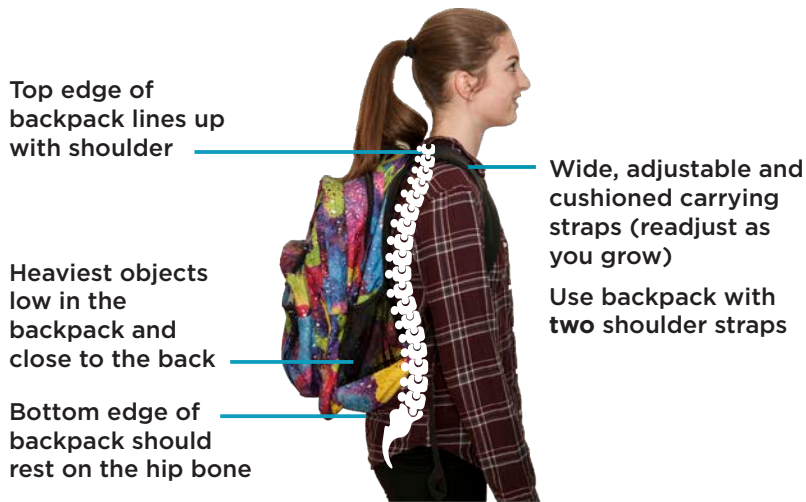
To Learn More

- Sports Physical Therapy
425-482-6400
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

Good backpack posture



Backpack maximum weights (for children)*

Weight of child (pounds)	Maximum weight of backpack (pounds)
60	5
60 to 75	10
75 to 100	15
100 to 125	18
125 to 150	20
150 to 200	25

* According to the American Physical Therapy Assoc., the American Academy of Orthopedic Surgeons, and the American Chiropractic Assoc.

Correct way to lift a heavy object



Correct way to lift a light object

