Fit it Right

Useful Tips for the PhysioPak User

1. Always pack the heaviest items against the spine.

2. Use the middle compartment for clothes and shoes and bulky pencil cases or lunch boxes.

3. Re-pack your bag each night and carry only what you need. Never allow your bag to sit below your hips or carry it over one shoulder, these actions alone place significant pressure on isolated muscle groups and can contribute to long-term spinal health issues.

4. Any shapes protruding through the front panel will scuff to a hole when brought into contact with abrasive surfaces. This is not a manufacturing fault.

5. To avoid sun/UV bleaching, do not leave your pack in the sunlight for prolonged periods.

6. Use a damp sponge with mild detergent to wipe the surface and then air dry at room temperature. Do not immerse in water or dry by direct heat as this will irreparably damage the fabric.