

Spartan PhysioPak – Keeping your spine happy and healthy

Australian Physiotherapy Association

www.spartanss.com.au/secure/downloadfile.asp?fileid=1002162

Fit it Right

When fitted correctly your Backpack will sit above your hips, be close to your spine and the weight distribution will be 80% hips/20% shoulders.

1. Ensure all zips are closed
2. Wear both shoulder straps at all times
3. Adjust the load compression straps tight every time
4. Connect your sternum straps for a long walk
5. Don't allow the pack to fall below hip level
6. Use your waist strap to keep the pack against your spine
7. Always pack heaviest items against your spine
8. Never carry more than 10% of your body weight

**“Get It Right!
Fit It Right!”**

“Follow These Steps To Keep Your Spine Happy and Healthy!”

Useful Tips for the PhyioPak 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.