

## GET IT RIGHT

By choosing the correct size Chiropak® and following the fitting notes below, you are already on the way to looking after your spine as it develops through your school years. If you would like more detailed information on how to look after your spine or treat spinal pain and discomfort please contact your local Chiropactor or call the CAA National Head Office.

C.A.A. FREE PHONE  
1800 075 003



## FIT IT RIGHT

- 1) The Chiropak® you use should be no taller from base to top of pack than the distance between the top of your shoulders and the seat of a chair when you are seated.
- 2) Remove the internal spinal board (contained within the back panel of the bag) and get a parent / carer / Chiropactor to check the shape hugs your spine when you are bare backed or in a thin shirt. If you need to re-adjust the spinal board to achieve a better fit, put your leg up onto a chair and use slow and gradual bends over your leg to achieve the desired shape. Then return the board to the pack ensuring you place it in the correct way!
- 3) Before wearing your pack ensure you take out anything you do not need for the day and place the heaviest items (lap tops / texts books) against your spine. Try and limit the weight you carry to be no more than 10% of your own body weight.
- 4) Close all zips to prevent 'sag' or gravity pull of the load away from your body.
- 5) Adjust the side compression straps tightly to bring the load as close to your body as possible.
- 6) Using the pick-up loop, lift the pack onto one shoulder and then put your second arm through.
- 7) Pull down on the shoulder strap adjustment tags until the load is sitting on your hips with approximately 80% of the weight on your hips and 20% over your shoulders.
- 8) Connect the waist belt. This should not be tight, it is merely to anchor the load to your hips and prevent it 'banging' against your spine.
- 9) The sternum strap does not have to be used but will add to the weight distribution and so slightly reduce fatigue on specific muscles. The sternum strap should be used when running, cycling or carrying loads heavier than 10% of your body weight.
- 10) DO NOT:
  - i) Allow your pack to sit below your hips.
  - ii) Sag away from your spine (pulling you backwards).
  - iii) Carry your pack over one shoulder.Always travel as light as you can and take regular breaks when walking long distances. A mixture of exercise and healthy eating will also assist your body to carry loads safely.

## SIZES

Sizes	Dimensions	Capacity
S	W 30cm x D 16cm x H 40 cm + front pocket	19 Litres
M	W 32cm x D 20cm x H 45cm + front pocket	29 Litres
L	W 34cm x D 19cm x H 50cm + front pocket	33 Litres
XL	W 36cm x D 20cm x H 55cm + front pocket	40 Litres

## AVAILABLE COLOURS



## 3 YEAR WARRANTY

Chiropak® is warranted to be free from defects in material and/or workmanship for a period of three years from the date of purchase. [Proof of purchase date may be requested when making a warranty claim.] If your Chiropak® is found to be defective in materials or workmanship please return it to the place of purchase and ask the seller to contact Spartan on free phone 1800 815 557. A representative of Spartan will call and assess the product claim as soon as possible to determine the appropriate course of action. Spartan will repair faults where possible before product replacement is considered. Damage caused by misuse and improper handling is not covered by this manufacturing warranty.

## USEFUL TIPS FOR THE CHIROPAK® USER

- Always pack the heaviest items against the spine.
- Use the middle compartment for clothes and shoes and bulky pencil cases or lunch boxes.
- Only pack flat and small accessories in the front accessory pocket.
- Take care not to over-pack the front accessory pocket. Any shapes protruding through this face will scuff to a hole when brought into contact with abrasive surfaces. This is not manufacturing fault.
- To avoid sun / UV bleaching, do not leave your pack in the sunlight for prolonged periods.
- If cleaning your pack. 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.
- The SCHOOLPROOF® materials used to construct Chiropak® are produced to achieve a lightweight, flexible and durable result. With a small degree of care, this bag will last a lifetime.

**CHIROPAK II®**   
KEEPING YOUR SPINE HAPPY AND HEALTHY





### PADDED BACK PANEL

The padding used on the back panel of the Chiropak® II is all about comfort, protection and air flow. It protects the back from getting too hot with its breathe easy padding system and there are no bruised backs from protruding pack contents.



### SIDE COMPRESSION STRAPS

When the pack is loaded, ensure all zips are closed and use the two side compression straps to bring the bulk of the bag in as close to the back as possible. This brings the load close to the body's centre of gravity. The closer the weight to the spine, the better the body will cope with carrying the load.



### MOULDED SPINAL BOARD

Chiropak® has a removable pre-shaped spinal board. If you wish to achieve a custom fit, simply remove the board and gently bend it over the leg until the desired shape is achieved. (Ensure you return the board to the pack the correct way around!)



### WAIST BELT

Chiropak® has a unique removable waist belt section that allows the user to find the optimum comfort level:  
i) The belt travels along an 8cm section for correct height placement.  
ii) The belt is attached to a clip lock system that moves through approx 200 degrees.

PROUDLY ENDORSED BY THE CHIROPRACTORS' ASSOCIATION OF AUSTRALIA



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### 2 MAIN COMPARTMENTS

Ideally, students must be encouraged to pack the heaviest items (lap tops and text books) into the back of the bag (where it sits against the spine), using the front compartment for lighter weight items.



### STERNUM STRAP

The sternum strap is of significant help when the student is using a bicycle, jogging or walking long distances with a heavier weight than 10% of their own body mass, as it will stabilize the load. The sternum strap can easily be removed to achieve a perfect fit in the appropriate ladder section.



### CONTOURED SHOULDER STRAPS

The shoulder straps are wide and shaped to wrap around the neck and contour to the side of the body to provide the maximum performance possible.



### OTHER USER FEATURES

- Earpiece outlet from a dedicated accessory pocket
- Side drink bottle holder
- Front accessory pocket with flat pockets
- Lightweight pick-up loop
- Heavy duty, durable fabrics
- A 3 year warranty
- Double zip compartment closure
- Flat accessory pockets throughout the bag



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