



Do you experience any of the following?
If so, it might be time to check your purse!

- Neck pain and stiffness
- Shoulder pain and stiffness
- Back pain
- Low back pain
- Headaches
- Joint Pain (especially knee and hip pain)

Problems Caused by a Heavy Purse

It is natural to lean your head and neck away from your purse-carrying shoulder to offset the weight. This can cause muscle tension and joint compression.

Your shoulder that carries the weight of a heavy purse is often elevated and rotated either forwards or backwards. In this position, muscles will begin to fatigue and result in poor posture, muscle strain, pain and injury.

As you walk, your arms naturally sway from side to side. Carrying a purse disrupts a normal walking gait and causes imbalances in muscle use and posture and can result in pain and injury.

Purse Tips

- 1** Ideally, your purse should weigh no more than 10 pounds (less than 10% of body weight for children), whichever is less.
- 2** Two is better than one. If you can choose, select a backpack-style bag with two straps to evenly distribute the weight across your shoulders.
- 3** When you are carrying a heavy bag, tighten and engage your core muscles to help maintain proper posture and protect your spine.
- 4** It is best to switch your purse-carrying shoulder regularly, about every 5-10 minutes. Also, try alternating the purse style you carry from day to day.
- 5** Whenever possible, avoid carrying bags in the crook of your arm. This technique is more likely to throw off your balance and cause pain. Also, limit strain by choosing to carry two smaller bags (one in each hand) rather than one large, heavy bag.

