

## Get It Right

By selecting the PhysioPak® that is right for your needs and height, and following the basic fitting and user notes on this flyer, you are already contributing to the wellness of your spine. If you also apply a small degree of care as you use the pack, it will last a lifetime. If you would like more detailed information on spinal health and treatment please contact your local Physiotherapist or the Australian Physiotherapy Association Head Office on (03) 9092 0888 or visit [www.physiotherapy.asn.au](http://www.physiotherapy.asn.au)

A.P.A. Free Phone  
**(03) 9092 0888**  
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## Fit It Right

1. Load your pack placing the heaviest items against your spine.
2. Connect all zips on all pockets.
3. Adjust both side compression straps to reduce the bulk of the pack to the minimum possible.
4. Adjust the straps at the bottom of each shoulder strap to lift the pack up as high on your back as possible.
5. Check that the top of the pack is sitting level with the top of your shoulders, if it is not; adjust the ladder lock straps at the top of each shoulder strap accordingly to bring the load in to your spine and up to the shoulders.
6. The sliding sternum strap allows you to find the perfect position (which should ideally be approximately 10cm below your clavicle bone). You should connect the sternum strap to stabilize the load in dynamic conditions such as cycling and running, but it is not essential that it is worn at all times in order to receive the benefits of this pack.
7. The removable waist belt is also to secure the load, and should be worn in dynamic conditions as above or if walking long distances (over 40 minutes), as it will assist the dispersion of the weight between shoulders and hips.
8. 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.

## RRP

Physiopak 07	
S	\$87.95
M	\$92.50
L	\$96.90
XL	\$103.90

Primary PhysioPak	
M	\$54.90
L	\$59.00

## Available Colours



## 3 Year Warranty

PhysioPak® 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 PhysioPak® 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 PhysioPak® User:

- Always pack the heaviest items against the spine.
- Use the middle compartment for clothes and shoes and bulky pencil cases or lunch boxes.
- Any shapes protruding through the front panel 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 SCH00LPROOF® materials used to construct PhysioPak® are produced to achieve a lightweight, flexible and durable result. With a small degree of care, this bag will last a lifetime.



**PHYSIOPAK®**  
**KEEPING**  
**YOUR SPINE**  
**HAPPY AND**  
**HEALTHY**



AUSTRALIAN  
PHYSIOTHERAPY  
ASSOCIATION



# PhysioPak® 07

Proudly Endorsed by the Australian Physiotherapy Association

# Primary PhysioPak®



Earpiece Outlet

## Adjustable Height Control

The ladder lock systems at the top of each shoulder strap allow the user to sit the pack in the correct position. The top of the pack should be level with the top of the shoulders. The base of the pack should be kept above the height of the hips and the back panel should sit snugly against your spine. Do not allow the pack to 'sag' away from your back.



Sliding sternum strap for exact positioning

## Airflow Comfort Panel

This "state of the art" back panel allows air to move between the body's surface and the back panel of the pack, producing superior comfort. It also provides structured support that reduces 'sag,' the proven contributor to negative spinal response that causes muscle fatigue and minor pain in the best case scenario.



Airflow comfort panel with spinal flex

## 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 towards the body's centre of gravity.



Adjustable shoulder strap height option



Side compression straps

## PhysioPak 07®



### Sizes

Sizes	Dimensions	Capacity
S	W 27cm x D 17cm x H 40 cm + front pocket	18 Litres
M	W 32cm x D 19cm x H 45cm + front pocket	27 Litres
L	W 35cm x D 19cm x H 50cm + front pocket	33 Litres
XL	W 35cm x D 20cm x H 54cm + front pocket	39 Litres

## Primary PhysioPak®



### Sizes

Sizes	Dimensions	Capacity
Medium	W 30cm x D 16cm x H 34 cm + front pocket	16.5 Litres
Large	W 30cm x D 19cm x H 40cm + front pocket	23 Litres

## Multi Angled Waist Belt

No matter what shape or size your primary student is, this revolutionary multi angled fixture means that the child can find the most comfortable fit. Waist belts should be worn when the load carried is more than 10% of the child's body weight (with both shoulder straps adjusted to bring the load up high onto the back).



Moulded EVA base

## Padded Kodra Base

No more hard edges digging into your child's back. This heavy duty fabric (that has been in use for over 15 years) is rarely used on Primary School packs, but will provide the performance and the comfort you desire.



Angle adjusted/sliding waist belt

## Split Main Compartment

One double zipped main compartment makes packing quick and easy. Ensure you use the rear open top pocket within the compartment to load the heaviest items (keeping the weight against the body's centre of gravity).



1 main compartment with book pocket



Side accessory pocket



Front pocket organiser

### Colours Available



### Colours Available

