

Free Backpack Screenings

The American Physical Therapy Association recommends that children carry less than 15% of their body weight in their backpack. This tip and many others related to proper backpack selection, wear and posture are available from our Physical Therapists to help prevent backpack related pain and injury.



We are pleased to offer this FREE service to our community! Please call any local clinic to make an appointment. For group sessions, please contact Julianna Winninghoff, MPT, DPT at 459-2388.

Paso Robles (805) 226-0975 • Templeton (805) 434-2050
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