

What To Look For In A Purse For Back Pain



Get a purse made of lightweight material to keep it from getting heavy when filled with your essentials.

Opt for a purse with multiple pockets to distribute the weight evenly.



Look for a breathable material to avoid overheating your skin.



Buy a sturdy purse to keep the contents from bunching up.



Choose a convertible purse for comfortable carrying.

Look for wide and padded straps, preferably two shoulder straps, to reduce the pressure on your shoulders.



Reference:

1. The Effects of Bag Style on Muscle Activity;
NCBI