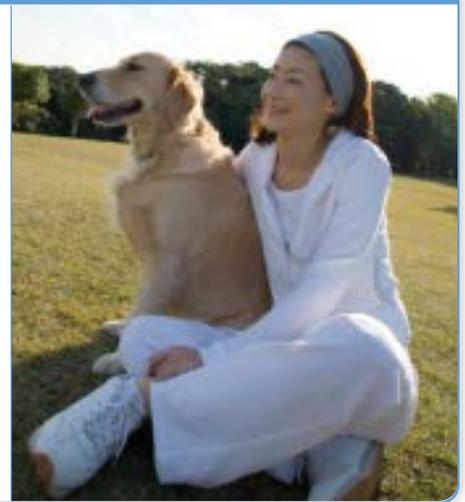


WORK-RELATED LOW BACK PAIN

Everyone's at risk. Thanks to a complex network of bones, joints, ligaments and muscles in your lower back, it doesn't take lifting a 40-pound bag of concrete to experience work-related low back pain. Even something as simple as reaching for a dropped pen during a meeting can cause painful results.



WHY CHIROPRACTIC?

Chiropractic's aim is to provide high-quality care to relieve immediate pain while retaining your function, thus decreasing lost time from work. Patients are involved in shared decision making for alternative interventions as necessary.

Chiropractic care has a long and consistent history of helping people suffering from work-related low back pain. Using methods like spinal manipulation – a hands-on approach used to adjust spinal structures and restore mobility – chiropractic care has been shown to get individuals back to work faster than other treatments, like medical care or physical therapy.

In fact, research has shown chiropractic to not only be a more effective treatment approach while you're suffering from low back pain but also long after. While roughly ten percent of patients with work-related low back pain experience a second episode of pain, those who choose chiropractic care and complete their treatment are less likely to miss work (and wages) in the future.

Compared with physicians and physical therapists, chiropractic care for work-related low back pain results in:

- **Consistently better outcomes**
- **Lower recurrence of pain**
- **Fewer surgeries**
- **Less painkiller usage**
- **Lower medical costs**

Source: American College of Occupational and Environmental Medicine, April 2011

GET *the* FACTS

Americans are estimated to spend at least \$85 billion each year on back pain.

Source: Mercer Health and Benefits, 2009

Physical work load factors constitute a risk for low back pain even in adolescents.

Source: Journal of Occupational and Environmental Medicine, November 2011

COMMON CAUSES OF WORK-RELATED LOW BACK PAIN



Force

Lifting or moving heavy objects can overexert or strain the back muscles, especially when done repeatedly or with poor form. Instead, lift with your knees, contract your abdominal muscles, keep your head down and in-line with your back and avoid any twisting motions. And if it's too heavy, find a helper.



Repetition

Repeating certain movements puts an uneven load on your skeleton and muscles, especially from awkward or overstretched positions. Seek out ways to modify repetitive activities such as taking appropriate breaks between times of lifting or bending. This will allow your muscles to recover strength.



Posture

Slouching places undue stress on the back's natural curvature. When standing, keep your weight balanced on both feet. If you sit for long periods of time, switch positions and take short walk breaks around the office or stretch your muscles to relieve tension. One should consider the use of ergonomically designed standing work stations to provide opportunity to change static posture throughout the work day.



Stress

Psychological and emotional stress at work can cause a distinct physical reaction – muscles that are tight, tense and prone to injury. When stress hits, use positive coping techniques to reduce tension such as a quick walk outside or a coffee break with a colleague.

GET *the* FACTS

Chronic low back pain is the leading cause of work-related disability and missed work days.

Source: Chiropractic Research & Practice: State of the Art, 2010