

Do you know how many ways you can hurt your back at work?



There are far too many.
At least a third of Australian workplace injuries caused are back-related.

The reason is simple. Most jobs involve some sort of back strain. If you work in an office, you inevitably spend hour after hour at a desk, working with papers or at a computer. That doesn't sound like much of a problem until you consider the effects of incorrect posture, excessive computer time without breaks, poorly designed chairs and desks.

Many other jobs involve lifting heavy weights, ranging from taking delivery of the stationery order to truly heavy work in warehouses or storerooms, packing or unpacking shelves, loading/unloading delivery vehicles — or countless other tasks directly involving your back.

All of these issues are exacerbated by poor posture, incorrect seating ergonomics, ligament and muscle injuries, poor lifting techniques and lack of physical condition due to insufficient exercise.

Little wonder that back pain is the third most common reason for taking time off work, after headaches and colds.* Back, neck and spinal problems are major reasons for lost workplace productivity.

*'Low back pain is one of the commonest causes of disability among people of working age, and its impact on industry is enormous...The specific work-related physical activities that have been hypothesized to be associated with the onset of low back symptoms include: lifting heavy weights, bending and twisting...[and] working in the same position for long periods of time.'***

Your chiropractor is specifically trained to provide specialised advice on issues such as posture, ergonomics, exercise and nutrition — all essential to your health and safety in the workplace.

It's a matter of record that chiropractic is extremely safe. Chiropractors are highly qualified health professionals who have completed a 5-year university degree and continue to update their knowledge through further education.

If you suffer from back problems and other impairment through workplace issues, or simply want to reach your potential, it's time to discover how much help your chiropractor can offer.

* Lavelle, P. (2005). Fact File: Back pain. Retrieved from <http://www.abc.net.au/health/library/stories/2005/04/24/1829000.htm>

** Macfarlane, G.J., Thomas, E., Papageorgiou, A.C., et al. (1997). Employment and Physical Work Activities as Predictors of Future Low Back Pain. SPINE, 22(10), 1143-1149.