Did you know?
50% of workers will experience back pain at least once per year, often due to lack of movement or incorrect posture.

Did you know?
Back pain is the most common reason for a visit to the doctor’s office next to the common cold.

Did you know?
50% to 85% of those who experience neck pain report symptoms again within 1-5 years.

You can help to prevent neck and back pain by having good posture and keeping active.

Make sure you Straighten Up and Move Today!

WORLD SPINE DAY
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