



OCTOBER 16
WORLD SPINE DAY

PRESS RELEASE

FOR IMMEDIATE RELEASE

World Spine Day- October 16, 2013.

October 3, 2013.

Every year on October 16th people from around the world join together to raise awareness on World Spine Day (WSD) as part of the Bone and Joint Decade's Action Week.

Spinal disorders, such as back pain, neck pain, scoliosis and disc disease are common, and they can have a profound effect on a person's overall health, impacting a person's ability to work, to enjoy everyday activities, even disrupting healthy sleep patterns.

WSD received several nominations from across the globe, representing several organizations and professions all with special interest in spinal health for the interim WSD International Organizing Committee (IOC). The WSD IOC will be responsible for providing input regarding themes, content, resource materials and formation of a permanent committee.

Committee members will include:

Dr. Ina Diener- South African Society of Physiotherapy (South Africa)
Dr. Veronika Fialka-Moser- Medizinische Universität Wien (Austria)
Dr. Deborah Kopansky-Giles, BJD ICC and World Federation of Chiropractic (Canada)
Dr. Jennifer Nash, World Spine Day (Canada)
Nick Pahl- British Acupuncture Council (United Kingdom)
Marilyn Pattison- World Federation of Occupational Therapists (Australia)

Research has demonstrated that poor postures and inactivity can contribute to the development of back pain, neck pain and other spinal disorders.

Some facts:

- Up to 80% of people will suffer from back or neck pain during their lives.
- 50% of the working population will experience back or neck pain symptoms at least once per year.
- Activities such as the collection of water and farming can increase the risk of spinal pain
- Age is one of the most common risk factors for spinal pain, and the greatest effects of population ageing are predicted in low- and middle-income countries

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BJD Action Week- World Spine Day



- Back and neck pain is one of the most common reasons for workplace sick leave.
- Back pain is the second most frequent reason for visits to the doctor's office, outnumbered only by the common cold.

The good news is that many of these common problems can be easily avoided!

For more information visit the World Spine Day website at www.worldspineday.org

For more information about the Bone and Joint Decade- Global Alliance for Musculoskeletal Health and the Action Week visit <http://bjdonline.org>

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