



## PRESS RELEASE

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### **“Your Back At Work” World Spine Day 2015 raises awareness in the workplace.**

This year’s World Spine Day on October 16th will focus on one of the biggest causes of back pain – our activities at work.

With back pain the largest single global cause of disability, World Spine Day will be raising awareness of occupational factors and how we can reduce the impact they have on our backs and necks. Heavy lifting, repetitive movement and sitting for long periods can all become painful over time; in fact back pain is one of the major causes of time off work, with workers sometimes out of action for weeks or months.

Chiropractor Dr Jennifer Nash is the co-ordinator for this year’s World Spine Day program. “What we do with our backs at work can lead to all kinds of problems,” she says. “Often we don’t realise the damage we’re doing when we lift, twist, bend or even sit. By being more spine aware we will reduce the risk of injury and keep people at work.”

World Spine Day brings together a wide range of health professionals committed to reducing the burden of spinal disorders. An initiative of the Bone and Joint Decade, World Spine Day highlights the burden of back problems and raises awareness of spinal health through a series of public health messages.

Back pain can affect those in sedentary jobs as much as those in heavy physical occupations. Over 80 per cent of adults will suffer back pain at some point in their lives, and many will cite their work as being a major cause. In developing countries, access to treatment is scarce, resulting in spinal disorders and inability to continue working.

World Spine Day has produced a toolkit, available at its website ([www.worldspineday.org](http://www.worldspineday.org)) to help organisations, employers, health care providers and other interested groups plan to get involved. Using the hashtags #worldspineday and #spineselfie, World Spine Day encourages people to take to social media (@world\_spine\_day) to post images of healthy spine habits at work.

With disc disease, osteoarthritis, and structural deformities such as scoliosis, back pain can take many forms but, says Dr Nash, there are measures that can help to address the condition:

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*BJD Action Week- World Spine Day*



“By raising awareness of work-related spine issues, we hope to reduce the terrible impact of back problems throughout the world. Education and prevention strategies are key – we want to stop back pain at work before it starts. World Spine Day aims to reach employers as well as employees – after all, a healthy workforce is a productive workforce.”

Ends

#### Notes to Editors

1. World Spine Day is an initiative of the Bone and Joint Decade/Global Alliance for Musculoskeletal Health.
2. Low back pain is the single leading cause of disability according to the Global Burden of Disease Studies for 2010 and 2013. Four in five adults will be affected by back pain at some point in their lives. It is the second most common reason for absence from work. Most causes of back pain are mechanical in origin – meaning that they are not caused by serious underlying conditions like cancer, infections or fractures. Americans spend over \$50 billion on back pain treatments each year (source: American Chiropractic Association [www.acatoday.org](http://www.acatoday.org)).
3. In the UK alone, over 4 million working days are lost to back pain and on average an employee with low back pain takes 17 days to recover. (source: BackCare [www.backcare.org.uk](http://www.backcare.org.uk)).

