

# BACK PAIN

## What should you know?

Low back pain is the biggest cause of disability in the world. Experts say roughly four out of five people will have a back problem in their lifetime.

### UNDERSTANDING THE BACK

This area is a complex structure of bones, joints, ligaments, and muscles that if injured can lead to back pain.

#### Upper back pain

Pain or discomfort in shoulder blades or around the rib cages. Occurs mostly from muscle irritation, joint back pain, injury, or infection.

#### Middle back pain

Described as pain along the middle of the spine, around the thoracic area. Can be caused by sports injuries, poor posture, arthritis, disease, muscle strain or trauma.

#### Lower back pain

The most common type of back pain. Pain occurs in the lowest part of the spine, the lumbar region.

Low back pain is the most common of the top four pains among surveyed patients:



Back pain is the **top disability** for people age 45 or younger.



of work hazards worldwide are lower back pain.



**185,270** work-related back injuries were reported in 2010. About 2% of the US workforce is compensated for back injuries every year.



**Half of all American workers** have had back pain symptoms each year, making it one of the most common reasons for missing work.

### A SERIOUS MEDICAL ISSUE

Back pain is the **No. 2 reason for doctor visits.**

Most cases are not caused by serious condition like arthritis, fractures, cancer, or serious infections.



of adults have at least a **day of back pain** during a typical 3 month period.



Americans spend at least **\$26 billion** per year treating back pain.

Adults with lower back pain are: **3 times as likely** to be in fair or poor health **4 times as likely** to experience mental distress.



of adults with lower back pain have limited activity due to a chronic condition.

### TIPS TO PREVENT BACK PAIN

- Keep a healthy diet and weight, and exercise regularly.
- Avoid inactivity or bed rest. Resting in bed for 1-2 days can aggravate the pain.
- Make sure to warm up and stretch before physical activity.
- Maintain proper posture.
- Wear comfortable, low-heel shoes.
- Sleep on a medium-to-firm mattress to avoid curving the spine.
- When lifting heavy objects, lift with your knees.
- Use ergonomic chairs, desks, and other equipment at work or in your home office.



# Understanding Back Pain

**J Spring**



## **Understanding Back Pain:**

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