



BACK PAIN



Everything you need to know



8 in 10 people will experience back pain at sometime during lifetime



#1 cause of disability among developed countries



Americans spend \$50 billion on back pain treatment per year

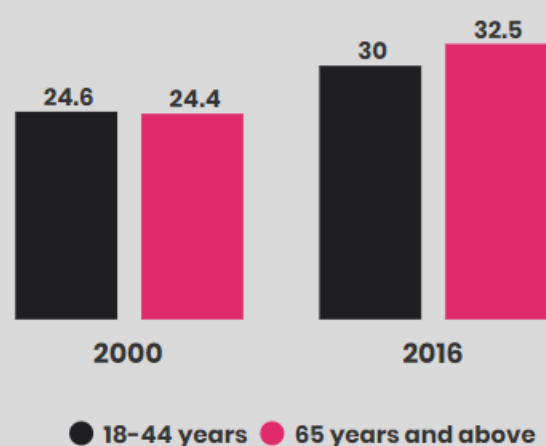


64% of those suffering from back pain feel.. 21 YEARS OLDER

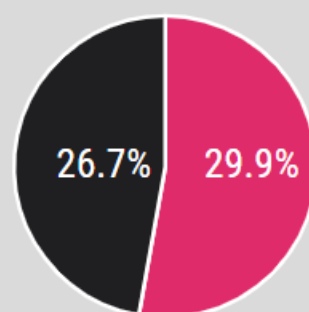
DID YOU KNOW?

540 million people around the world are suffering from lower back pain at any one time.

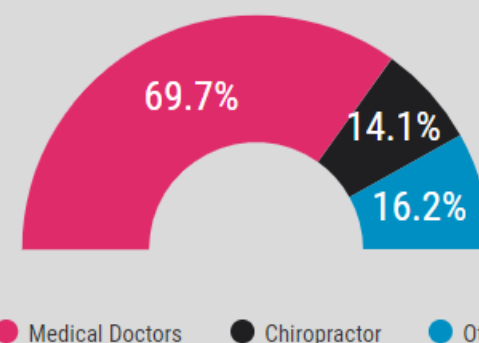
Lower Back Pain on the RISE



Back Pain is more common in WOMEN



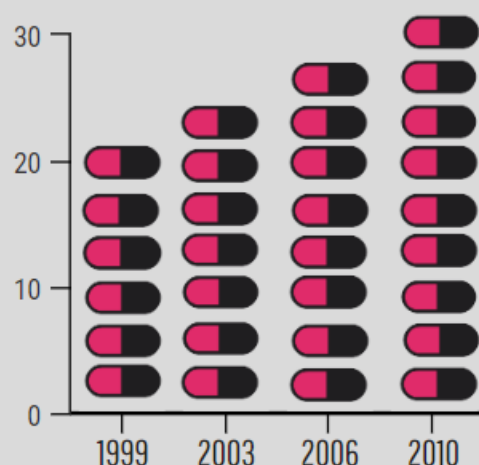
Where people initially seek help for their pain



DID YOU KNOW?

Staying in bed for several days at a time can actually make back pain worse—not better.

Use of Medicines rose to 29.1% from 1999 to 2010



Approximately 50% of the pregnant women experience back pain

Recovery and recurrence of lower back pain



Common Causes



Injury



Poor Posture



Incorrect lifting techniques



Spinal misalignments

Tips to PREVENT back pain



Healthy Diet



Be Active & Stretch



Sleep sideways



Proper Posture