DID YOU KNOW that BACK PROBLEMS are RESPONSIBLE for ONE-THIRD of all AUSTRALIAN WORKPLACE INJURIES?

Our backs were not designed to spend long periods of time sitting at desks, or lifting heavy weights - both common features of many work environments. After headaches and colds, back pain is the third most common reason for taking off work*.

Back, neck and spinal problems are also big contributors to lost productivity in the workplace, and many Australians suffer at work as a result of incorrect posture, extended computer use and poor ergonomics.

“Low back pain is one of the commonest causes of disability among people of working age, and its impact on industry is enormous. The specific work-related physical activities that have been hypothesized to be associated with the onset of low back pain include: lifting heavy weights, bending and twisting...[and] working in the same position for long periods of time**.

Chiropractors are the spinal health experts, and study for five years full time at university. Each week, there are approximately 200,000 visits to Australian chiropractors for a broad range of reasons.

Chiropractors are highly qualified and trained to provide specialist advice on issues such as posture, ergonomics, exercise and nutrition - all of which are important aspects for a healthy workplace.

Discover for yourself why there’s so much more to chiropractic.