

16 October 2017

Get 'Your Back in Action' this World Spine Day

As part of World Spine Day 2017 (16 October), chiropractors are raising awareness about the serious impact of spinal disability and aiming to empower people to take charge of their spinal health

Every year on 16 October, people from around the world come together on World Spine Day (WSD) to raise awareness about spinal disorders. WSD is an initiative of the Global Alliance for Musculoskeletal Health conceptualised to raise awareness about the serious impact of spinal disability and to empower people to take charge of their spinal health.

This year the theme is 'Your Back in Action', emphasising the importance of healthy spinal posture and activity which promotes body awareness and minimises the day-to-day wear and tear on the spine. The Chiropractors' Association of Australia (CAA) encourages people to take this opportunity to become proactive about their spinal health.

Millions of people worldwide suffer from spinal disorders which include low back pain, scoliosis and disc disease, to name a few. The Australian Institute of Health and Welfare reports that 1 in 6 Australians are suffering from back problems, and that these often lead to poorer quality of life, psychological distress and disability.

"Our sedentary lifestyle is a major contributing factor to obesity, spinal health issues and many other chronic diseases," said Dr Andrew Lawrence, CAA National President. "By doing simple things such as improving your posture and keeping active, you can improve your spinal health and overall well-being," he added.

As healthcare professionals who focus on the relationship between the spine and the nervous system, chiropractors are well-placed to offer preventative and lifestyle advice regarding chronic back pain. They aim to restore and maintain normal spinal function, collaborating with other healthcare professionals, where necessary.

World Spine Day is a great opportunity to shine light on spinal disorders and encourage people to take steps to better health. Improving your posture and exercising regularly can help improve and maintain spinal health.

CAA has developed the Straighten Up (Australia) app to help people improve their posture and enhance spinal health. Set reminders to receive notifications about sitting right, stretching, taking breaks, drinking water and improving your posture. The Straighten Up app also includes an exercise program designed to improve spinal health, stabilise core muscle groups and enhance health.

World Spine Day is an initiative of the the Global Alliance for Musculoskeletal Health and is proudly supported by the Chiropractors' Association of Australia (CAA), the peak body representing chiropractors. For more information visit www.chiropractors.asn.au.

- ENDS -

Media Contact: Ariel Tate | communications@caa.asn.au