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## Australians urged to complete mobility self-assessment as chiropractors across Australia see a rise in pain cases

*This month marks 'Mobility Month' and Australians are being encouraged by their local chiropractors to test their movement and safeguard their spinal health*

- **Lockdown played havoc on Aussie's spinal health and it's now time to rectify the damage:** A staggering three-quarters (72.2%) of people who had to work from home suffered posture related pain – now chiropractors across the country want to ensure the damage isn't lasting.<sup>1</sup>
- **Spinal pain significantly impacts mobility and quality of life:** Spinal problems have the ability to go beyond physical pain with a third (32.6%) of Aussies living with pain admitting it impacts their mobility and one in five (20.7%) say it caused them anxiety and depression.<sup>1</sup>
- **A simple self-assessment can judge your mobility and safeguard your health:** Experts say four straight forward exercises could determine your spinal health and whether you need to seek professional help.

This 'Mobility Month', as Australians approach the one-year anniversary of the 'new normal', the Australian Chiropractors Association is urging Australians to assess their spinal health and mobility with a simple four stage test.

Dr Anthony Coxon, leading chiropractor and President of the Australian Chiropractors Association (ACA) says: "Over the past 12 months, myself and other chiropractors across the country have seen a worrying increase in patients who are reporting back and neck pain caused by changes in their lifestyle like working from home and not being able to exercise. So, we want to encourage everyone to proactively check their mobility and protect their health and wellbeing."

When a third of the Australian workforce suddenly found themselves working from home, 40% of people admitted to suffering from back pain, a third from neck pain (39.8%) and shoulder pain (34.4%).<sup>1</sup>





"Other chiropractors and I are concerned by the high incidence of injury we are seeing in young, otherwise healthy people. We know that physical pain can have detrimental impacts on mental health and quality of life, and it is vital that people take action before their pain progresses."

According to research, a third of people living with pain, such as neck and back pain, admit to having reduced movement and mobility (32.6%) which has significant impact on their quality of life, with one in ten admitting they can't play with their children (11.5%) and it impacts their intimate relationships (11.8%).<sup>1</sup>

But mobility issues can go much further than spinal pain and can often indicate an array of significantly more serious health issues. Research shows that those with a sedentary lifestyle and posture related pain double their risk of cardiovascular diseases, diabetes, and obesity, and increase the risks of colon cancer, high blood pressure, osteoporosis, lipid disorders, depression and anxiety.<sup>2</sup>

"Mobility month is the perfect time to give yourself a movement assessment, identify if your body is not as mobile as it could be and seek the guidance of professionals if needed."

To help Australians assess their mobility, and most importantly safeguard their risk of serious health implications, the ACA have developed four simple tests to try at home.

	<p><b>Neck Rotation</b></p> <ul style="list-style-type: none"> <li>• Sitting down, keep your shoulders still and against the chair.</li> <li>• Turn your head all the way to the left as if you were looking over your shoulder. How far around did you get?</li> <li>• Repeat on the right. Was it even? Was it comfortable?</li> </ul>
	<p><b>Trunk Side Bend</b></p> <ul style="list-style-type: none"> <li>• Stand with your feet comfortably apart.</li> <li>• Run a hand down the side of your leg so you side bend without leaning backwards or forwards.</li> <li>• Repeat on the other side. Was it even and was it comfortable to do?</li> </ul>
	<p><b>Sit to Stand</b></p> <ul style="list-style-type: none"> <li>• Sit in the middle of your chair. Cross your arms over your chest.</li> <li>• Keeping your back straight and arms across your chest...</li> <li>• Stand straight up and then sit back down. Did you do this easily or was it hard?</li> </ul>
	<p><b>Single Leg Stance</b></p> <ul style="list-style-type: none"> <li>• In a safe environment free of trip hazards, stand upright with feet together and place hands on hips.</li> <li>• Lift one foot off the ground. Do not allow your legs to touch. Time how long you can stand without moving.</li> <li>• Repeat on opposite side. Are you able to stand on each leg for at least 40 seconds? (If under 60 years)</li> </ul>

**What do my results mean?**

If you are unable to perform or feel pain with one or more of these tests, seek guidance from your nearest ACA chiropractor or other healthcare professional.

– ENDS –

**About the Australian Chiropractors Association:**

The Australian Chiropractors Association (ACA) is the leading voice for chiropractors in Australia, actively working to further the profession of chiropractic through improving the health of all Australians.

To find out more about the ‘Consider a Chiro’ campaign or to find your local chiropractor visit: [considerachiro.org.au](http://considerachiro.org.au)

**Media Contact:** Ariel Tate | 02 8844 0400 | [ariel.tate@chiro.org.au](mailto:ariel.tate@chiro.org.au)

**References:**

1. Australian Chiropractors Association, Consumer Research Survey: July 2020
2. WHO. Physical inactivity a leading cause of disease and disability, warns WHO. Available at: <https://www.who.int/news/item/04-04-2002-physical-inactivity-a-leading-cause-of-disease-and-disability-warns-who>