



15 October 2020

World Spine Day, a timely reminder for Australians to reactivate, revitalise and refocus on their spinal health and wellbeing

New research has revealed the impact that poor spinal posture and pain can have on quality of life, and the need for effective spinal care to mitigate the risk of long-term health impacts

- **Poor spinal health is overwhelmingly common, yet people are not seeking help:** Two thirds (63.6%) of people experience lower-back pain in their lifetime,¹ yet one in five (20%) are not seeking professional support.¹
- **Pain can manifest itself physically and mentally, impacting on quality of life:** A third (33.9%) admit their pain causes physical exhaustion,¹ over half (50.9%) have lost sleep due to their pain¹ and over a quarter (26.9%) reveal it has caused them mental exhaustion.¹
- **Restrictions due to the COVID-19 pandemic have taken a toll on people's ability to stay active:** With the theme – Back on Track – health professionals are encouraging people this World Spine Day, to reactivate and revitalise their bodies by getting out and focusing on effective spinal healthcare.

This World Spine Day (16 October), the Australian Chiropractors Association (ACA) are encouraging Australians to be active, get out and about where possible, and start refocusing on good spinal health and wellbeing.

Whilst the restrictions imposed due to the COVID-19 pandemic have helped to protect communities here and around the world, they have also had a significant impact on people's ability to stay active and keep themselves mobile. In a recent survey conducted during the pandemic, a staggering three-quarters (72.7%) of Australians admitted to suffering from posture related pains¹ as a result of COVID restrictions forcing millions to work from home.

Of the estimated 8.7 million Australians working from home, approximately a third reported suffering from back pain (40.1%), neck pain (39.8%) and tension headaches (30.9%).¹

Dr Anthony Coxon, leading chiropractor and President of the ACA said this pain can significantly impact on quality of life: "pain can manifest itself physically and mentally and place a huge strain on mental health, relationships, work and a person's overall wellbeing."

In the recent consumer survey conducted by ACA, a third of Australians (32.6%) admitted that their pain made them less mobile and even impacted their ability to perform everyday tasks.

"Pain can cause loss of sleep, mental exhaustion and impact heavily on concentration levels. However, it can also have a detrimental impact on a person's mental health with research revealing one in five (20.7%) Australians have struggled with depression and anxiety as a direct result of their pain," said Dr Anthony Coxon.

The timely World Spine Day theme for 2020, 'Back on Track', highlights the importance of exercise, posture, movement and good self-care to ensure a healthy spine.

"We know not everyone has the luxury of being outside with varying levels of restrictions still in place, however being mindful of diet, getting enough sleep and at least stretching every day will go a long way to safeguarding the health of your spine and in turn have a positive impact on quality of life.

“Finding time to consciously observe your body and any aches and pains you may be experiencing will also help to understand if you need support from a healthcare professional like a chiropractor. Chiropractors are trained to provide tailored lifestyle care and advice to help you maintain both your spinal health, and overall health and wellbeing.”

If you are concerned about your spinal health following months of restrictions and disrupted routine, consider visiting your local chiropractor and get ‘Back on Track’ to help live a healthy and fulfilling life.

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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](https://www.considerachiro.org.au)

Media Contact: Ariel Tate | 02 8844 0400 | ariel.tate@chiro.org.au

References:

1. Australian Chiropractors Association, Consumer Research Survey: July 2020