



16 October 2021

## Rising pain levels mobilise chiropractors to urge Australians to assess their spinal health

*World Spine Day, a timely opportunity for Australians to take stock of their spinal wellbeing to ensure a healthy and active lifestyle.*

- **Musculoskeletal pain is one of the top five disease burdens on Australians:** Back pain is up there with lung cancer and heart disease as a leading cause of disease burden experienced by Australians.<sup>1</sup>
- **There are 4 million Australians currently living with back pain or problems:** Without assistance, this pain can limit daily activities and interfere with quality of life.<sup>2</sup>
- **World Spine Day 2021 is a timely reminder for Australians to check in on their spinal health:** Chiropractic care and other allied health professionals offer a range of clinical services which may be suitable for those looking to improve their spinal health.

This World Spine Day (16 October), the Australian Chiropractors Association (ACA) is encouraging all Australians to take action and address their spinal health and wellbeing, and seek professional help if needed.

The plea from chiropractors comes as new data reveals that musculoskeletal conditions are one of the leading health burdens in Australia, alongside cancer and cardiovascular diseases.<sup>1</sup> This is perhaps unsurprising considering the high levels of pain in Australia with over two thirds (67.8%) of adults claiming to have suffered lower back pain and almost half (43%) have complained of neck pain. What is worrying chiropractors, however, is that the majority who claim they experienced this pain state it occurred in the past 12 months.<sup>3</sup>

“Unfortunately, we have seen an increase in people seeking help for musculoskeletal issues and are conscious there may be many more people suffering in silence,” says ACA President, Dr Anthony Coxon.

“For those living with spinal pain, we know there can be a vicious cycle between their physical pain and an increased mental burden. The impact on quality of life can be immense, pain can cause loss of sleep, lack of concentration, reduced motivation and infiltrate all facets of life including relationships and general wellbeing. With almost a third of Australians (30.6%) stating that their health has worsened in the past year, we encourage people to seek help from a healthcare professional”.<sup>3</sup>

Chiropractors want Australians to safeguard their quality of life and wellbeing by taking the time to assess their spinal health and any aches or pains they may be feeling and seek the appropriate care.

“Fitness, health and wellbeing does not need to be complicated or expensive. There are many things people can incorporate into their day-to-day routine that can improve their spinal health or assess if they need professional assistance. For example, these are three easy things people can incorporate into their daily life to help safeguard and improve their spinal health: straighten up, just start walking and find a chiro.”

If you are concerned about your spinal health, consider visiting your local chiropractor to help you live your healthiest, most fulfilling life. For more information, visit [worldspineday.org.au](https://worldspineday.org.au)

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### References

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2. Australian Institute of Health and Welfare. 2020. Back Problems. Available at: <https://www.aihw.gov.au/reports/chronic-musculoskeletal-conditions/back-problems/contents/what-are-back-problems>
3. Australian Chiropractors Association. 2021. General population survey.