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Australia, get more mobile this March

March is 'Mobility Month' and Australians are being urged by their local chiropractor to test their movement, mobility and safeguard their spinal health

- **Multiple lockdowns since 2020 have 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 pains – now chiropractors across the country want to ensure the damage isn't lasting.¹
- **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.¹
- **A simple test can judge your mobility and safeguard your health:** Experts say four simple test exercises could determine the state of your spinal health and whether you need to seek professional help.

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





"Over the past 2 years, 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," says ACA President Dr David Cahill.

According to research commissioned by the ACA, a third of people living with pain (such as neck and back pain), admitted to having reduced movement and mobility (32.6%) which has significantly impacted their quality of life. For instance, one in ten (11.5%), admitted to no longer being able to play with their children and 11.8% of candidates, also said this 'reduced mobility' impacted their ability to have intimate relationships (11.8%).¹

However, mobility issues can go much further than just highlighting spinal pain and can often indicate an array of significantly more serious health issues. For instance, research shows that those with a sedentary lifestyle and posture related pain, double their risk of being exposed to cardiovascular diseases, diabetes, obesity; as well as an increase their risk of colon cancer, high blood pressure, osteoporosis, lipid disorders, depression and anxiety.²

"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 safeguard their risk of serious health implications, the ACA have developed some simple tests to try at home.

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

If you are unable to complete one or more of these tests without pain, seek guidance from your nearest ACA chiropractor.

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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

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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>