



Back Pain and Physical Workers

A worldwide study has proven low back pain is the most commonly recorded workplace injury, ranking higher than any other condition.

If you do physical work, you may be at greater risk of acquiring musculoskeletal injuries causing back pain.

Physical workers are ranked among the highest percentage of Australians experiencing back pain due to the nature of their work including heavy lifting, pushing, pulling or undertaking repetitive actions.

Those who undertake prolonged periods of activities including bending, squatting or standing are also vulnerable to musculoskeletal disorders causing back pain.

If you or someone you know are among the 4 million Australians who suffer from back pain, consult a member of the Australian Chiropractors Association (ACA) for drug-free, low-risk pain relief and holistic treatment of musculoskeletal disorders.

Adjust Your Thinking.



Every week, more than 400,000 chiropractic consultations help everyday Australians improve their spinal health.

Chiropractic healthcare is a proactive approach to treating back pain and managing the spinal health and wellbeing of workers.

Your ACA chiropractor can treat the underlying cause, not just the symptoms by providing tailored, specialised treatment for back pain caused by work-related musculoskeletal injuries.

Prevention is the best protection.

Early intervention can minimise deterioration following injury, reduce the severity of musculoskeletal disorders and help prevent injuries through fostering good spinal health habits to promote overall health and wellbeing of workers at risk.

Your ACA chiropractor will assess postural imbalances, identify areas of weakness or strain and provide guidance on effective strategies to help prevent injuries for those most at risk of workplace spinal injuries.

Your ACA chiropractor can provide personalised exercise programs to help improve core and trunk strength that can help prevent lower back pain caused by workplace musculoskeletal injuries and conditions.

Consult your local chiropractor today.

ACA chiropractors are five-year university educated healthcare professionals who treat a range of musculoskeletal disorders including workplace back-related injuries.

If you suffer from back problems and you're tired of pain holding you back, consult an ACA chiropractor today and regain control of your spinal health and wellbeing.

To find an ACA chiropractor near you and to download ACA's free Back Pain Factsheet and Straighten Up app to improve posture and stabilise core muscle groups to help prevent spinal injuries and enhance your overall health and wellbeing, visit **[consultachiro.org.au](https://www.consultachiro.org.au)**