



# **Back Pain & Inactive Australians**



*66% of all Australians are not sufficiently physically active.*

*If you spend long hours seated at a desk or have extended periods of inactivity, this can lead to poor posture, weight gain and musculoskeletal problems causing back pain that if left untreated, can lead to a chronic spinal health condition.*

An ACA chiropractor can evaluate the impact of your work and lifestyle on your spinal health and wellbeing and provide a comprehensive assessment of posture while offering adjustments to address misalignments to relieve discomfort.

Importantly, because ACA chiropractors take a holistic approach to healthcare, they can help improve mobility to strengthen your spine while improving your overall health and wellbeing.

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 caused by inactivity.**

Your ACA chiropractor can treat the underlying cause, not just the symptoms of back pain by providing tailored, specialised treatment.

Your ACA chiropractor will assess postural imbalances, identify areas of weakness or strain, provide personalised exercise programs to help improve core and trunk strength, and provide guidance on a range of effective strategies to help prevent back pain for those most at risk of musculoskeletal disorders caused by long hours sitting at a desk or an inactive lifestyle.

## **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 including exercise to promote the overall health and wellbeing of those at risk.

## **Consult your ACA chiropractor today.**

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

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](http://consultachiro.org.au)

