



ACA AUSTRALIAN CHIROPRACTORS ASSOCIATION CONSULT A CHIRO

WORKSPACE
21-27 October 2024

Work Well Everywhere

WorkSpace Health is EveryBODY's Business!

workspaceweek.org.au

MEDIA RELEASE: Wednesday 23rd October 2024

Women's Workspace Pain Epidemic: WMSDs & Australian Women

WORKSPACE WEEK 21–27 OCTOBER 2024 - *Work Well Everywhere*

WorkSpace Health is EveryBODY's Business

Work-related Musculoskeletal Disorders (WMSDs) and injuries are the leading workplace injury impacting Australian women according to Safe Work Australia, supporting the need for National WorkSpace Week.

With the increase in musculoskeletal cases projected to rise 43% over the next two decades, National WorkSpace Week (21-27 October 2024) aims to prevent the occurrence and impact of WMSDs through increasing awareness of the risk factors and building workplace capability to eliminate and reduce WMSD risks.

Of the 1006 respondents in the 2024 independent consumer survey, *The Impact of Back Pain & Musculoskeletal Injuries in Australia*; conducted by *Pureprofile*, 95.5% of female workers who engaged in occupations that involve a combination of sitting and standing reported the highest prevalence of musculoskeletal disorders (MSDs).

60.4% of women identified work as a contributing factor to 'back pain' compared to 55.8% of men with female workers in sedentary positions; jobs with little to no physical activity and usually seated throughout the day, reporting the highest prevalence of back pain at 89.1% with 27.9% of women identifying lifting, pushing or pulling as the trigger for back pain.

Women were more likely than men to experience a higher number of MSD types. Of the 462 female MSD sufferers, 12% experienced 1 or 2; 28.6% 3-to-6; 33.8% 7-to-9; and 27.3% reported between 10-12 different MSDs with women 22.5% more likely than men to experience 7-12 MSDs; with low back pain (82%), sprain or strain (75.5%), neck pain (71.5%) and mid back pain (70.6%) the most prevalent MSD reported by women.

Of those, 82% of women reported low back pain, with 28% experiencing low back pain weekly; 12% daily; 18% monthly; 15% occasionally (one every few months) and 15% seldom; while 33.7% reported that their MSD affected their movement or their ability to carry out daily activities.

An initiative of the Australian Chiropractors Association (ACA), WorkSpace Week aligns with Safe Work Australia's '*Australian Work Health and Safety (WHS) Strategy 2023–2033*' to help create safe, healthy workspaces for everybody to lessen the long-term impact of WMSDs on workers, employers, and the economy.

Around 7.3 million (29%) Australians live with chronic musculoskeletal disorders (MSDs). Australia's third largest chronic health burden behind cancer and mental health, MSDs are a range of inflammatory and degenerative conditions affecting the muscles, tendons, ligaments, joints, peripheral nerves and supporting blood vessels that can lead to long-term headaches, neck and back pain.

According to a Deloitte Access Economics report, MSDs cost the Australian economy over \$55 billion annually due to lost productivity, absenteeism, direct health costs and the reduced quality of life of sufferers.

Although the economic burden is high, for those who suffer WMSDs, the life-limiting cost to sufferers of unresolved WMSDs can be debilitating pain that restricts participation in family, social, and work activities, and has a negative impact on their mental health and overall wellbeing.

WMSDs may be caused by a single workspace event, but commonly result from repeated, harmful workspace activities over an extended period of time. Predominantly caused by physical stress, mental stress, repetitive work and poorly set up non-ergonomic workspaces, WMSDs account for the majority (57%) of workers' compensation claims for serious injuries.

According to Safe Work Australia, the most common injuries impacting Australians leading to WMSDs are body stressing, falls, slips and trips, with body stressing (33%) accounting for the highest percentage of WMSD workers' compensation claims. SafeWork NSW reports the cost per serious claim (requiring one or more weeks absence) averaged around \$65,000 per serious claim between 2018-2023.

The Australian Government's *Industry analysis: Health Care and Social Assistance* reports strong jobs growth in the healthcare and social assistance sector over the past 20 years and is expected to continue to grow. Safe Work Australia's *Key Work Health and Safety Statistics Australia 2024* identified this sector as the leading industry for serious claims (19.1%); ahead of the construction sector (12%). With 78% of the healthcare and social assistance sector being women, compared to 47% across all other industries, female workers in this industry are at greater risk of WMSDs.

ACA president, Dr Cahill said, "Workers in the health and social assistance sector are vulnerable to body stressing caused by the demands of their roles. Lifting, pushing, pulling and bending are often part of the nature of the work, so a proactive approach to prevention and early intervention is essential. The significant employment growth in this sector, up by 4,238,200 (48%) over the last 20 years, means this is an enormous source of pain, disability and reduced quality of life for sufferers.

"WMSD prevention and early intervention will have a significant impact on reducing the instances of WMSDs, minimise their impact, and reduce workers' compensation claims and overall health costs to the Australian economy," said Dr Cahill.

'The Impact of Work-Related Musculoskeletal Disorders & Injuries in Australia', a national independent survey of 1001 respondents commissioned by the ACA and conducted by *Pureprofile* revealed the high prevalence of WMSDs among Australian female workers. The most prevalent WMSDs reported by women were low back pain at 60%, neck pain at 57%, mid back pain at 52% and 56% reported tension/cervicogenic headaches.

Desk and computer work is also common among women and a significant contributor of WMSDs. 89% of workers who use a desk reported suffering a WMSD (including those who do a combination of desk work with standing and/or physical work) with female desk workers reporting the highest WMSD incidence (91%) compared to men (76%).

"To measure the physical activity of WMSD sufferers, in September 2024 the ACA conducted a member survey with almost half of ACA chiropractors surveyed (49%) reporting being seated or undertaking desk (computer) work as the primary trigger to WMSD presentations caused by sedentary positioning and repeated movements; most likely due to workers not taking regular breaks or stretching during work hours," Dr Cahill said.

"Using computers in non-ergonomic workspaces (in an office or at home), poor posture, driving a vehicle and repetitive strain injuries can all contribute to WMSDs including chronic neck and back pain, shoulder stiffness and headaches, while mental stress in the workspace is among the leading causes of WMSDs," he said.

"WorkSpace Week focusses on prevention, early intervention, non-surgical and drug-free treatments for WMSDs and other spinal health conditions caused by body stressing (lifting etc.), repetitive work and poorly set up workstations as well as work-related stress that can lead to a range of spine-related symptoms.

"If left untreated, WMSDs can lead to long-term chronic pain with possible life-limiting outcomes. Early diagnosis and treatment are key to preventing deterioration, improving recovery, reducing severity and helping to prevent long-term implications, including the reliance on medications for chronic pain that can be harmful.

"By promoting prevention and minimising long-term harm through early diagnosis and effective chiropractic healthcare, we can help improve the spinal health and overall wellbeing of workers while reducing the negative impact on employers and the economy," Dr Cahill said.

Because WorkSpace health is EveryBODY's business, to minimise workspace injuries and reduce the impact of WMSDs, employers and workers should visit workspaceweek.org.au to access a range of free resources including the WorkSpace Week Checklist, exercise posters, podcasts, factsheets and the **Straighten Up app** to maximise spinal health and wellbeing, minimise injuries and improve productivity for all working Australians so they can *work well everywhere*.

- ENDS -

workspaceweek.org.au

INTERVIEW REQUESTS

Contact: Insight Communications 02 9518 4744, aca@insightcommunications.net.au

- Alice Collins: 0414 686 091 or alice@insightcommunications.net.au OR
- Clare Collins: 0414 821 957 or clare@insightcommunications.net.au

Media Centre:

Download comprehensive journalist notes, reports, images, footage etc: <https://bit.ly/WSW24-Media>

JOURNALIST NOTES: OVERVIEW *visit the media centre for full journalist notes*

ACA'S FREE PREVENTION & INTERVENTION RESOURCES – workspaceweek.org.au

- **Straighten Up app** – An app containing a 3-minute exercise program to help improve posture, stabilise core muscle groups and enhance users' overall health and wellbeing.
- **Consult A Chiro Podcast** – A resource that provides information on preventing and managing work-related musculoskeletal disorders.
- **Factsheets** – Organisations large and small can download ACA's free factsheets to help minimise WMSDs including, Sitting, Standing, Lifting/Bending, Headaches and Stress & MSD Factsheets, the Ergonomic Checklist and the Stand Corrected Stretching Poster.

THE BURDEN OF WMSDs IN AUSTRALIA - KEY FACTS

Please refer to full Journalist Notes in the media centre for comprehensive details.

- Work-related injury and illness impacts workers and their families deeply, as well as employers.
- MSDs still account for the **majority (57%) of workers' compensation** claims for serious injuries.
- Around **7.3 million (29%) Australians** were estimated to be living with chronic MSDs with the prevalence unchanged since the previous survey in 2017-18 (AIHW June 2024).
- MSDs are ranked the **third highest chronic disease** in the Australian Burden of Disease Study (2023) before cardiovascular disease.
- Direct health costs for MSDs: \$14.7 billion – 9.8% of the total health expenditure budget (2021-2022)
- **58% of WMSD sufferers are of working age** in peak income earning years (25-64)
- The real cost to the Australian economy for WMSDs exceeds **\$55 billion** annually when lost productivity, absenteeism, direct health costs and reduced quality of life for WMSD sufferers is factored in (MA, 2020-2021 & Deloitte Industries).
- MSDs account for the **greatest proportion of persistent pain** conditions (WHO, 2019).
- MSDs are the second largest contributor to disability worldwide, with low back pain being the single leading cause of disability globally (MA, 2020-2021).
- Back pain is usually as a result of a musculoskeletal disorder (MSD).
- The **increase in musculoskeletal cases is projected to be 43% over the next two decades**.
- Back problems can cause lost social and physical activity, concentration and work capacity and are a significant cause of disability and lost productivity with the economic burden on Australia, significant.
- International guidelines provide compelling evidence that opioids have a limited role in the management of acute back and neck pain and no role in managing chronic back pain.
- A University of Sydney study published in the Lancet medical journal (23 June 2023), found opioids (among the most commonly prescribed pain-relief for people with low back and neck pain) do not benefit people with 'acute' low back or neck pain (lasting up to 12 weeks) and can result in patients experiencing worse pain.
- Prescribing opioids for low back and neck pain can also cause harms ranging from common side effects including nausea, constipation, dizziness, dependency, misuse, poisoning and death. Opioids should not be recommended for 'acute' low back pain or neck pain or chronic low back pain or neck pain (RACGP).
- Chiropractic healthcare provides effective, low risk, drug-free treatment for back pain for all Australians regardless of their age, profession or lifestyle. This is particularly effective when combined with a holistic person-centred approach, addressing factors such as exercise and stress management.

THE IMPACT OF WORK-RELATED MUSCULOSKELETAL DISORDERS & INJURIES IN AUSTRALIA (OVERVIEW)

ACA commissioned an independent national consumer survey in Oct 2023 to gather data to better understand the prevalence, range and impact of work-related musculoskeletal disorders on Australian workers. Conducted by Pureprofile, the results were compelling with key findings as follows:

- ⦿ **87% of respondents reported having experienced musculoskeletal pain or injury (MSD) while at work or as a result of working with 73% of sufferers experiencing 3 or more WMSDs.**
- ⦿ **The survey highlighted that community understanding of what constitutes a “work-related injury to the neck or back (WMSD)” is lacking.**
 - When initially asked if the respondent had experienced a work-related injury to their neck or back (muscles, ligaments, tendons, joints, spine or bones) only 26% of respondents answered yes. But when asked if they had experienced 12 specific types of neck/back pain or injuries ‘while at work or as a result of working’, 87% answered that they had experienced a WMSD.
- ⦿ **The most prevalent WMSDs reported by Australians are low back pain (62%), neck pain (55%), mid back pain (53%) and tension/cervicogenic headaches (52%).**
- ⦿ **Workplace stress** has a direct impact on WMSD with **96% of ACA Chiropractors treating WMSD patients as a result of workplace stress with a third reporting WMSD patients also suffer poor mental health as result of their WMSD. The Pureprofile survey showed 84% of WMSD sufferers experienced workplace stress with 24% experiencing regular stress.**
- ⦿ **89% of workers who use a desk reported suffering a WMSD (including those who do a combination of desk work with standing and/or physical work) with female desk workers reporting the highest incidence (91%) compared to men (76%). Only 17% of WMSD sufferers did only physical work and 9% only standing work.**
- ⦿ **Workers undertaking repetitive movements and standing or sitting for prolonged periods of time reported a high rate of WMSDs.**
 - 93% of workers who undertake repetitive movements reported experiencing WMSDs
 - 88% of workers who sit for prolonged periods reported experiencing a WMSD
 - 87% of computer users reported suffering a WMSD
- ⦿ **Computer usage was identified as a leading cause of the top four WMSDs (low back, neck, mid back and tension/cervicogenic) and was the only trigger ranked first or second for 9 WMSDs. Computer usage ranked as the third or fourth most common trigger for the remaining 3 WMSDs.**
- ⦿ **86% of workers who regularly work at their workplace (1-2 days, 3-4 days or always) reported experiencing a WMSD compared to 34% of people working from home on a regular basis.**
 - Women who always work from their workplace reported the largest number (53%) of WMSD followed by men (47%).
 - 20% of men and 16% of women who work from home 1-2 days per week reported an WMSD

Click to access the full report: bit.ly/WSW-WMSD-REPORT

THE IMPACT OF BACK PAIN & MUSCULOSKELETAL INJURIES IN AUSTRALIA 2024

An Independent National Consumer Survey Conducted By Pureprofile

1006 Respondents 506 Female 499 Male 1 Non-Binary

- **907 Reported a MSD to their spine/back in their lifetime:** 462 Female; 444 Male; 1 Non-Binary
- **891 Experienced a MSD during past 12 months:** 455 Female; 435 Male; 1 Non-Binary
- **90.2% of respondents reported experiencing specific back/spine related MSD in their lifetime.** 91.3% of female respondents and 89.0% of male respondents.
 - **98.2% of all back/spine related MSD sufferers** experienced a back related MSD pain/injury during past 12 months (98.5% of female and 98.0% male).
 - **50.4% of all MSD Sufferers have never sought a medical diagnosis for their back pain.**
 - 93.7% of regional Australian women and 89.9% of metropolitan women reported experiencing MSD
- **88.6% of total respondents** experienced a back related MSD pain/injury during past 12 months (89.9% of female and 87.2% male).
- **80.3% of respondents reported that their households have occupants who experience back pain.**
 - 65.9% reported themselves, 28.6% reported their partner, 6% their children and 6.3% a flatmate and 19.7% reported “no one in my household”.
 - According to the ABS (Oct 2023), Australia had 10.4million households in June 2023 indicating 8.35m Australian households are likely to have occupants who experience back pain.
- **85% of respondents reported experiencing “back pain – low, mid, upper or ‘non-specific’”.**
 - 86% of female respondents experienced low, mid, upper or ‘non-specific’ back pain.
 - 83% of male respondents experienced low, mid, upper or ‘non-specific’ back pain.
 - According to the ABS (April 2024), Australia’s adult population at 30 June 2023 was 19.62 million indicating that approximately 16.4 million Australians could experience back pain (low, mid, upper or non-specific).
- **Only 40% of low-back pain sufferers received a medical diagnosis – 42% of men and 39% of women. 60% of low-back pain sufferers have not sought a medical diagnosis.**
- 75% of respondents with back pain are aged 18-60 which represents the peak working age.
- **Of the respondents who reported experiencing low, mid, upper or non-specific back pain, ‘low-back pain’ was the most prevalent (80.6%) with 82.2% of all female respondents and 79% of all males suffering low-back pain.**
- 6,368 individual MSDS were reported by 907 of 1006 respondents. 3,318 (52%) by women and 3042 (48%) by men
- The top three MSDs reported were **Low-back pain (80.6%), Neck pain (67.9%) and Mid-back pain (66.3%).**
- Over the past 12 months:
 - **82% of women experienced low-back pain** with 28% of sufferers experiencing low-back pain weekly, 12% daily, 18% monthly, 15% occasionally (one every few months) and 15% seldom.
 - **78% of men experienced low-back pain** with 21% of sufferers experiencing it weekly, 14% daily, 17% monthly, 16% occasionally (one every few months) and 17% seldom.
- **Individuals** with a highly-active lifestyle outside work who undertook daily exercise reported the lowest prevalence of back pain (77%) compared to 86% of individuals who are only ‘somewhat active’ undertaking light physical activity (mix of standing and walking).
 - **Women** with a highly-active lifestyle outside work who undertook daily exercise reported the lowest prevalence of back pain (76%) compared to 87.4% of women who were ‘somewhat active’ and undertook only light physical activity - a mix of standing and walking.
 - **Men** with an ‘active lifestyle’ (undertake physically exertive activities; on their feet most of the day) reported the greatest prevalence of back pain (85%) with men with a ‘highly-active’ lifestyle having the lowest prevalence (78%).
- The data suggests weight can influence the likelihood of experiencing back pain with **95% of very overweight** and **90% of underweight** respondents suffering back pain compared to **81% of “ideal” weight** respondents and 86% of “bit over weight”.

- ⦿ 51.5% of all respondents experienced 7-12 MSDs. 61% of female and 47.1% of male respondents.
- ⦿ 23% of low-back pain sufferers required time off work, 53% required treatment and 6% were no longer able to work.
- ⦿ 28% of LB pain lasts for 1-3 days with 19% of sufferers experiencing ongoing pain.
- ⦿ **81% of low-back pain sufferers take pain relief medication to manage their symptoms. Of those, 13% take pain relief medication on a daily basis, while 12% use it frequently (3+ days per week).**
- ⦿ **28% of all respondents (285) reported experiencing moderate low-back pain, pain which interferes significantly with daily life with 35% of low-back pain sufferers classifying the pain as moderate and 8% as severe.**
- ⦿ **93.2% of all workers who “sit AND stand” reported a musculoskeletal condition followed by 92.7% of workers who have a job which combines “sitting, standing and physical work”.**
- ⦿ **95.5% of Female workers** engaged in occupations that involve a combination of sitting and standing reported the highest prevalence of musculoskeletal disorders (MSDs).
- ⦿ **86.9% of workers who “stand”** have a greater prevalence of back pain, even when combined with sitting or physical work.
- ⦿ **Workers undertaking repetitive movements and standing for prolonged periods** of time reported highest incidence of back pain:
 - **Female workers in sedentary occupations exhibited the highest prevalence of back pain at 89.1%**, whereas women engaged in highly active roles reported a lower prevalence of 83.3%.
 - **58.2% of Back Pain sufferers indicated work contributed to their back pain.**
 - **56.1% of Back Pain sufferers indicated home contributed to their back pain.**
- ⦿ 17.9% of MSDs reported required workers compensation.
- ⦿ 33.7% of all reported MSDs affected respondents' movement or their ability to carry out daily activities.
- ⦿ The survey highlighted that community understanding of what constitutes “back pain or discomfort to muscles, ligament, tendons, joints, spine and/or bone” is lacking. When initially asked if the respondent had experienced back pain or discomfort to their muscles, ligaments, tendons, joints, spine or bones, only 66% of respondents answered yes. But when asked if they had experienced 12 specific types of back pain or injuries, 90% answered that they had in fact experienced back pain or discomfort to their muscles, ligaments, tendons, joints, spine or bones.

DOWNLOAD REPORT: <https://bit.ly/WSW-Impact-Back-Pain>

KEY CHIROPRACTIC FACTS

- ⦿ The Australian Chiropractors Association (ACA) is the peak body representing chiropractors nationally with around 3,000 members dedicated to promoting the importance of maintaining a healthy spine to improve the health and wellbeing of all Australians.
- ⦿ ACA has invested over \$2.3M in evidence-based research into chiropractic healthcare and wellbeing.
- ⦿ Chiropractic healthcare targets the cause, not just the symptoms, offering effective, low-risk, drug-free treatment for WMSDs for all professions. This approach is especially beneficial when combined with holistic, person-centered care, including exercise and stress management.
- ⦿ Australian chiropractors conduct over 400,000 chiropractic healthcare consultations every week.
- ⦿ With so many Australians visiting a chiropractor every week, chiropractors play an important role in treating WMSDs and improving the spinal health of everyday Australians.
- ⦿ Chiropractors use a patient-centred model of healthcare to provide a therapeutic approach incorporating a range of manual therapies to treat a range of MSDs including back pain.
- ⦿ Chiropractors are university qualified healthcare professionals who undergo five years of university study encompassing a double bachelor's degree that covers a breadth of health subjects including anatomy, physiology, radiology, diagnostic techniques, and clinical training.
- ⦿ Chiropractors are required to register with the Chiropractic Board of Australia under the Health Practitioner Regulation National Law. Board members are appointed by the Australian Workforce Ministerial Council. The Board's role is to regulate chiropractors in Australia under the National Registration and Accreditation Scheme with chiropractors one of 16 health professions in the National Scheme.

ACA MEDIA SPOKESPERSONS - NATIONAL & ALL STATES & TERRITORIES

Note: Case studies are also available upon request.

Dr David Cahill – President, Australian Chiropractors Association - National, NSW & Victoria
ACA President, Dr David Cahill has been a registered, practicing chiropractor since 1991, in the Malvern East area since 1998. He loves helping people of all ages, from newborn babies and toddlers, to those in their more senior years. David has always been very active in post-graduate education, continually upskilling in many aspects of chiropractic. Since 2016 David has been the chiropractor for the Hawthorn Football Club. He enjoys taking care of the elite footballers, integrating his chiropractic care in a team with the other support disciplines, particularly physiotherapy. David's passion is to truly help people have transformative experiences through chiropractic, and to better explore their magnificent potential.

Dr Billy Chow – Vice President, Australian Chiropractors Association – South Australia

Dr Billy Chow graduated as a chiropractor from RMIT University in 1998. Since graduating he has had a varied and enriching career in private practice, on boards and in business. Dr Chow is passionate about educating and inspiring people to make better choices and to live happier and healthier lives. Dr Chow believes that being on the Spinal Research Board is an honour and allows him to give back to his profession through service and provides him an avenue to promote, fund and facilitate more research faster for the chiropractic profession.

Dr Damian Kristof - National, NSW & Victoria

Nutritionist, Naturopath and Chiropractor, Dr Damian Kristof is a highly sought-after presenter and speaker in the Wellness industry. With over 20 years of experience, Damian's in-depth knowledge of the body, nervous system, food functions and responses coupled with his friendly and dynamic presenting style, has him in high demand. Focusing on food as key to unlocking optimal health and wellness, Damian presents in-depth facts and concepts offering all audiences from industry experts to the general public highly valuable content as he engages, educates and inspires audiences across the globe.

Dr Anthony Coxon – National & Victoria

Dr Anthony Coxon is a caring and respected chiropractor with 30 years' experience. In 2009, he completed Post Doctorate studies in Chiropractic Neurorehabilitation. This additional qualification gives Anthony skills in dealing with more complex cases, particularly patients that experience balance disorders and dizziness. He is the current Vice President of the Australian Chiropractors Association (ACA). In addition to running a busy practice, Anthony has also appeared on countless print, radio and television media spots including 'A Current Affair', 'Today Tonight', the 'Today Show' and the Evening news on all commercial television stations. Anthony sees daily how chiropractic care and a healthy lifestyle can bring vitality and wellbeing to his patients.

Dr Michelle Ronan - Victoria

Michelle has been a registered chiropractor since graduating from RMIT in 2005 and has practiced in the Albert Park area since 2010. Michelle's passion lies in helping people's bodies perform better to allow them to get more out of life, whether that be to enhance sports performance, rehabilitation of chronic conditions, during pregnancy or to support general health and wellbeing. Michelle loves helping people of all ages and stages of life on their health journey. Michelle previously sat on the Victorian branch of the CAA (now the Australian Chiropractors Association) and is currently completing a masters through RMIT.

Dr Kim Lie Jom – NSW

Dr Kim Lie Jom is a caring, dynamic and talented chiropractor with over 20 years' experience that has earned the respect and trust of his professional colleagues and patients alike. Kim's knowledge of chiropractic grew as did his interest within the profession. Paediatric chiropractic, sports chiropractic and the concept of wellness chiropractic are of particular interest to him. With three young children of his own he is very aware of how making healthy lifestyle choices from a young age will serve you later in life. He is passionate about chiropractic and feels that the profession has enormous health benefits to offer the community at large and his goal is to educate and adjust as many families as possible toward optimal health through natural chiropractic care.

Dr Ashley Dent – Tasmania

Dr Dent graduated from Macquarie University in Sydney in 2010 where he was awarded the Ed Devereaux Award for Services to the Student Body. He is active within the Australian Chiropractors Association at a state and national level chairing the public engagement committee and being a member of two other committees. He volunteers his time with St Vincent de Paul to bring chiropractic care to the homeless and vulnerable in Hobart. Dr Dent has a keen passion for helping people improve their long standing (chronic) back and neck pain and then progressing their spinal health through exercise and rehabilitation so that they are stronger and healthier than they've ever been.

Dr Adam Smith – Queensland

Dr Adam Smith (Chiropractor) has nearly 20 years' experience in family based chiropractic care. He has experience working in many communities around Australia and internationally, including regularly serving on committees that guide health policy on a state and Australian federal level, as well as in the UK.

With a special interest in family health and wellness, Dr Adam works with local community groups, charities, workplaces and schools to improve access to chiropractic care for those who want it. He believes that all Australians should have access to quality chiropractic services, so he is currently working with a group that is expanding chiropractic access in regional and rural areas of Australia across six states and territories.

Dr Joshua Tymms – Western Australia

Dr Joshua Tymms discovered chiropractic as a child and has been fascinated with its application ever since. He graduated from Murdoch University with a Double Degree in 2006 and is registered as a chiropractor. He finished his International Chiropractic Sports Science Diploma in 2007 and has worked at many international level sports events. He is studying a double masters in public health and business administration to help build skills in these areas.

Dr Ali Young – Western Australia

Dr Ali Young is a Chiropractor with over 20 years' experience working specifically with families, children and women. She has owned practices & worked in both Western Australia and Queensland, and loves taking care of those children that love that extra jolt of frivolity, playfulness and joy in their healthcare. She is an advocate for Working Mothers, with her book, *Work. Mama. Life* widely received upon its publication in 2022. She is a mother of two, and now works with women in her Holistic Health Business space, combining these two great loves with her chiropractic work. She is a sought after speaker, MC, and strategist for working mothers in the allied health space who both own businesses, & want to live large whilst avoiding burnout. She has written for most major newspapers around Australia, has a podcast "Work Mama Life" with nearly 20,000 downloads, and provides support in the online space for women and mothers. She has been a chiropractic patient since 15 years of age, and thinks there is no greater gift than providing the support families need to allow their health to shine.

THE AUSTRALIAN CHIROPRACTORS ASSOCIATION

Established in 1938, the Australian Chiropractors Association (ACA) is the peak body representing chiropractors. The ACA promotes the importance of maintaining spinal health to improve musculoskeletal health through non-invasive, drug-free spinal health and lifestyle advice to help Australians of all ages lead and maintain healthy lives.

The ACA is the premier association for chiropractic in Australia. With around 3,000 members, the ACA is Australia's largest chiropractic health body and has taken a leadership role in promoting the importance of maintaining a healthy spine to improve the overall health and wellbeing of every Australian. ACA develops and promotes professional standards for chiropractors, has invested \$2.2 million to advance research in musculoskeletal health, builds evidence-based practice for chiropractic healthcare and actively promotes the importance of spinal health through its annual flagship campaign, national Spinal Health Week.

Every week 400,000 chiropractic healthcare consultations are creating well-adjusted Australians. With so many Australians visiting a chiropractor every week, chiropractors play an important role in improving the spinal health of everyday Australians.

REFERENCES

- Australian Bureau of Statistics. (2023). *Work-related injuries - People who experienced a work-related injury or illness, including type of injury, job details and work-related injury rates 2021-22 financial year*: Published 15 February 2023, Accessed 28 July 2023: <https://www.abs.gov.au/statistics/labour/earnings-and-working-conditions/work-related-injuries/latest-release#>
- Australian Government National Skills Commission Industry analysis: Health Care and Social Assistance: <https://www.jobsandskills.gov.au/data/occupation-and-industry-profiles/industries/health-care-and-social-assistance>
- Australian Institute Of Health and Welfare (AIHW) www.aihw.gov.au/reports/chronic-musculoskeletal-conditions/musculoskeletal-conditions/contents/summary
- Australian Burden Of Disease Study (14 Dec 2023) [Australian Burden of disease Study 2023](https://www.aihw.gov.au/reports/australias-health/burden-of-disease) - Source: AIHW Database. <https://www.aihw.gov.au/reports/australias-health/burden-of-disease>
- Driscoll T, Jacklyn G, Orchard J, et al, (2014). *The global burden of occupationally related low back pain: estimates from the Global Burden of Disease 2010 study* (The University of Sydney & Annals of the Rheumatic Diseases 2014;73:975-981). <https://ard.bmj.com/content/annrheumdis/73/6/968.full.pdf>
- Musculoskeletal Australia. (2020). *Musculoskeletal Australia 2020–21 Pre-budget Submission*. Accessed 27 July 2023 https://treasury.gov.au/sites/default/files/2020-09/115786_MUSCULOSKELETAL_AUSTRALIA.pdf
- Musculoskeletal Australia. (2018). The rising cost of musculoskeletal conditions - <https://muscha.org/a-problem-worth-solving/> and <https://muscha.org/wp-content/uploads/2018/07/APWS-PLS.pdf> Accessed 30 August 2024
- Royal Australian College of General Practitioners – Opioids ineffective for acute low back or neck pain: Study <https://www1.racgp.org.au/newsgp/clinical/opioids-ineffective-for-acute-low-back-or-neck-pain#:~:text=Prescribing%20opioids%20for%20low%20back,back%20pain%20or%20neck%20pain>
- Safe Work Australia – Australian WHS Strategy 2023-2033 (June 2024) www.safeworkaustralia.gov.au/sites/default/files/2024-06/australian_whs_strategy_2022-32_june2024.pdf
- Safe Work Australia - WHS Statistics Australia 2024 <https://data.safeworkaustralia.gov.au/insights/key-whs-stats-2023>:
- Safe Work Australia. (2022). *Safer, healthier, wealthier: The economic value of reducing work-related injuries and illnesses* (Deloitte Access Economics October 2022 for Safe Work Australia), Accessed 28 July 2023. www.safeworkaustralia.gov.au/sites/default/files/2022-10/final_safer_healthier_wealthier_theeconomic_value_of_reducing_work-relatedinjuries_and_illnesses_-_summary_report%2002.pdf
- Safe Work Australia. (2019). *Work-related Musculoskeletal Disorders in Australia* (Associate Professor Jodi Oakman, Dr Sam Clune and Dr Ruth Stuckey at the Centre for Ergonomics and Human Factors, La Trobe University). www.safeworkaustralia.gov.au/system/files/documents/1912/work-related_musculoskeletal_disorders_in_australia_0.pdf
- Safework NSW MSD Prevention Plan 2024-2026 www.safework.nsw.gov.au/data/assets/pdf_file/0016/1303333/safework-nsw-musculoskeletal-disorder-prevention-plan-2024-2026.pdf
- The World Health Organisation. (2023). *Low back pain*. Published 19 June 2023. Accessed 27 July 2023. <https://www.who.int/news-room/fact-sheets/detail/low-back-pain>