



WORKSPACE

Work *Well* Every Day

Adjust Your Thinking – Consult a Chiro

For the prevention and treatment of work-related spinal health conditions, **Consult a Chiro**, because early intervention is the best protection.

workspaceweek.org.au



What are musculoskeletal disorders?

Musculoskeletal disorders are the second largest contributor to disability world-wide with low back pain being the single leading cause of disability globally. They are a range of inflammatory and degenerative conditions affecting the spine, muscles, tendons, ligaments, joints, bones, peripheral nerves and supporting blood vessels which can cause neck and back pain. If left untreated, they can lead to chronic pain impacting everyday life.

What causes musculoskeletal disorders?

There are many causes of musculoskeletal disorders including workspace injuries. Poorly executed lifting, pushing, pulling or bending; repetitive strain injuries; long hours working at a computer or driving; and mental stress can all lead to chronic neck and back pain.

Early intervention is the best protection!

For advice on preventing back and neck injuries and for non-surgical, low risk, drug-free therapeutic care to improve spinal health and promote overall health and wellbeing, consult a chiro.

Consulting an ACA Chiropractor can help prevent and treat spine-related disorders caused by physical or mental stress. Early diagnosis and treatment can help prevent deterioration, improve recovery, reduce severity and help prevent long-term implications including depression and overuse or reliance on medications.

To access free factsheets and podcasts
or to locate an ACA Chiropractor visit
workspaceweek.org.au

