



SPINAL HEALTH MONTH

1-30 JUNE 2026

Healthy SPINE HEALTHY MIND

GET BACK TO FEELING GOOD



ADJUST YOUR THINKING.

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Download the Back Pain Factsheet and locate an ACA chiropractor by visiting spinalhealth.org.au





Does Back Pain Hold You Back?

If you're among the **4 out of 5 Australians** who experience back pain at some point in their lives, you're not alone. Back pain is the single leading cause of disability globally and if left untreated can often lead to poorer quality of life. Back pain can range from localised pain in a specific area to generalised pain across the entire back. Pain can also radiate away from the back to other areas of the body including the buttocks, hips, legs, or abdomen.

If you suffer from any of the following symptoms, consult an ACA chiropractor today.

- Increasing pain with lifting and bending.
- Worsening pain when resting, sitting, or standing.
- Non-specific back pain that comes and goes.
- Stiffness in the morning when awakening and lessened back pain with activity.
- Numbness or weakness in your legs or feet.
- Pain that radiates away from the back into the buttocks, leg, or hip.

Chiropractic healthcare provides holistic, effective, non-surgical, drug-free treatment regardless of your age, profession or lifestyle.

Don't let back pain hold you back!

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