Back and Neck Pain
A Global Burden...

- Low back pain affects 4 out of 5 people over their lifetime.
- Back pain is the most frequent activity-limiting complaint in the young and middle-aged.
- Back pain is the second leading cause of sick leave.
- Everyone is affected - back pain occurs in children, adolescents, adults and the elderly.
- Low back pain is the leading cause of disability globally, ahead of 290 other conditions.

Back pain ranks 6th
in overall disease burden, resulting in
83 million disability adjusted life years
= premature mortality and years lived with disability.

Back pain “causes more
global disability than
any other condition.”

Six things you can do right now...

Posture. Stand and sit up straight.
Avoid straining your back at work and play.

Exercise. If you have back pain, exercise can help. If you do not, exercise may prevent it.

Stop smoking. Smoking is associated with back pain. Quit now.

Sleep right. Good sleep helps healing and a proper mattress and pillow reduce spine strain.

Lighten the load. Do not overload backpacks, briefcases, purses or bags.

Check up. Do not wait for spine pain to become chronic. Get help early and quickly get back to work and play.

REFERENCES