

# WORK REALLY IS A PAIN IN THE BACK, RESEARCH SHOWS

*Three-quarters of GPs urge employers to take action to address back pain<sup>1</sup>*

New research from [Dynaspine](#) has shown that back pain is a major issue in today's increasingly sedentary workplace. In a survey of GPs, 75 percent said employers need to take more action to address the cause of back pain in their workplace, with almost half of physicians (44 percent) recommending the use of support aids that ensure better posture when sitting.

These findings were echoed by findings from a second Dynaspine survey of over 8,000 British consumers<sup>2</sup> where half reported suffering back pain at least once a month, with over a third (36 percent) saying the work environment was the major contributing factor. The Dynaspine survey revealed that the four main factors causing back pain at work are:

- Long hours sat at desks (62 per cent)
- Bad posture whilst working (42 per cent)
- Heavy lifting (26 cent)
- Stress (19 per cent)

Back pain is one of the main causes of work-related absence and costs society an estimated £7 billion a year<sup>3</sup>, with 21 per cent of the consumer survey respondents having taken time off work as a result.

Physiotherapist and [Biomechanics Coach Martin Haines](#) who trains sports professionals including Olympic athletes such as Daley Thompson, said: "The research indicates people are treating the symptoms not the cause of back pain. By making a few simple changes in the work place and at home, the chances of back pain can be reduced."

"The back is not designed to be static, and long hours hunched over a work desk or behind the wheel of a car without the appropriate support and movement can cause musculoskeletal problems. A suitable back support that allows for the correct movement of the spine, such as Dynaspine is highly recommended to help prevent problems and alleviate pain."

Although 68 percent of GPs recommend people take better care of their backs to avoid pain, in reality half of us admitting they turn to painkillers to ease back pain (53 percent) rather than dealing with the cause, and over a quarter (26 percent) take no action at all and just put up with the pain.

Thirty-five per cent of consumers think we should take more action to look after our backs, but 15 per cent admitted they have never had any advice from employers about how to look after our backs. Only six per cent of the survey respondents visit a chiropractor for back pain treatment whilst 29 percent apply hot or cold packs when the pain gets really bad.

Dynaspine is the first back support available that allows dynamic movement of the spine, adjusting with your position in the chair to move with you and to ensure that your back is always supported and the correct posture maintained. Dynaspine has two flexible, back support plates which mould and adjust to the contours of the spine, encouraging a forward

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<sup>1</sup> Back pain GP survey conducted by Opinion Health of behalf of Dynaspine, June 2010

<sup>2</sup> Back pain consumer survey conducted by One Poll on behalf of Dynaspine, May 2010

<sup>3</sup> <http://news.bbc.co.uk/1/hi/health/8544134.stm>

positioning on the chair to ensure the back is aligned correctly and that pressure is taken off supporting joints and muscles. Dynaspine costs £79.99 and is available from [www.dynaspineinternational.com](http://www.dynaspineinternational.com) or by calling 01246 268 456.

Dynaspine's survey of over 8,000 UK consumers reports back pain has caused people to:

- Stop exercising (26 percent)
- Spend the day in bed (16 percent)
- Keep still for a long periods of time until the pain subsides (15 percent)
- Avoid playing with the children/grandchildren (11 percent)
- Abstain from sex whilst the pain lasted (11 percent)
- Sleep on the floor (9 percent)

[Martin Haines](#) is a Chartered Physiotherapist and Master [Biomechanics Coach](#) - the science concerned with internal forces acting on skeletal structure. He runs specialist training courses for [sports coaches](#), [personal trainers](#) and health and fitness professionals. Martin originally qualified as a remedial gymnast and recreational therapist and he later treated a succession of sports stars from his private London clinic. After many of these clients complained of reoccurring problems, Martin conducted an extensive and worldwide research programme which revealed for the first time, that many of these issues were the result of biomechanical flaws.

[Spinal Dynamics International Ltd](#) is owned and managed by a group of highly qualified and experienced professionals in the fields of physiotherapy and orthopaedics. The company supplies quality products along with valuable professional insight, educational support and helpful advice. Spinal Dynamics International Ltd has recently launched the Spinal Dynamics seating solutions range. The key design feature of the range is the Dynaspine™ dynamic spinal support system.