



Back Pain in Your Life

by NEWLIFEOUTLOOK TEAM

Crunching the Numbers on Back Pain

One frequent complaint with back pain is lack of sleep, but there are some things you can do to help you improve your sleep. An hour before you go to bed, you can start to apply your hot and cold therapy. You can do this as part of your wind down for the night. When you sleep, sleep on your side instead of your back or stomach. This will allow the least amount of pressure to be placed on your spine. You should also make sure that you can take a pain relief medication before bed. Take your pain medication at around the time that you find it normally takes for the medication to start working.

CRUNCHING THE NUMBERS ON

BACK PAIN



CAUSES AND PREVALENCE



MUSCLE STRAIN

Is the leading cause of back pain, followed closely by stress, fatigue, and improper posture



25% of back pain is due to poor physical health



OVER 26 MILLION

Americans between the ages of 20 and 64 experience frequent back pain



80% of people will experience back pain at some point in their lives



BACK PAIN

is most prevalent in women and individuals between the ages of 40 and 60



5% Approximately 5% of back pain lasts longer than 6 months

IN THE WORKFORCE



COMMON COLD BACK PAIN

Back pain is second to only the common cold as the most frequent cause for sick leave in the United States



40% of absences from work each year are attributed to back pain



Back pain results in 83 million work days lost per year



2% of the U.S. workforce is compensated each year for work-related back injuries

EFFECTS ON HEALTH AND WELLBEING



Back pain is the leading cause of disability in Americans under the age of 45, resulting in 200 million days spent in bed per year



46% of people report that back pain interferes with sleep, while 31% report that it interferes with exercise. 24% of people claim back pain interferes with their sex lives



Adults suffering from back pain are 3 times as likely to suffer from poor physical health and 4 times as likely to suffer from poor mental health as those without pain

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