



# Back pain: keep it simple, feel better



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# Key facts

Studies indicate that about 80% of adults will experience back pain at some point during their lifetime.

Source: BMC Musculoskeletal Disorders - Prevalence of chronic low back pain: Systematic review

It is believed that between 12% and 30% of adults have back pain at any given point in time.

Source: The global burden of low back pain: Estimates from the Global Burden of Disease 2010 study



# Key facts

Following an MRI scan in non-symptomatic population the below percentages were diagnosed with degenerative discs

20-year-olds **37%**

40-year-olds **68%**

60-year-olds **85%**

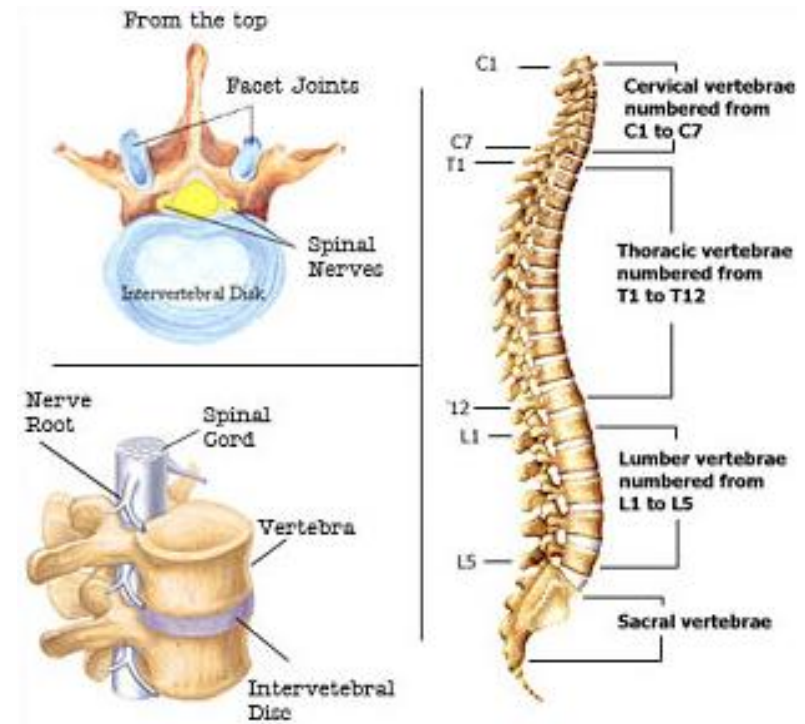
Source: Brinjaki et al 2015

Back pain is normal!



# Key terms

- Lumbar spine
- Lumbar curve / lordosis
- Sciatica
- Slipped / herniated / prolapsed disc
- Degenerative disc disease



# Things to do

- Keep moving
- Try to reduce sitting
- Keep pain under control to enable you to move – try cold or heat
- Rest in a well supported position (sitting and lying) using supports
- Discover your best pain free positions and use them to ensure you get good sleep and rest



# The importance of movement

- We know that movement is vital for preventing back pain
- We were designed to move – muscles should shorten and lengthen
- Research suggests that every 30 minutes is a good time to break static posture
- We do not have to reduce productivity with movement – vary your tasks



# How good workstation setup helps

- The best posture is the next posture
- However, a good workstation setup can provide vital cues for the body e.g. hip above knees
- The chair should be the first thing to be set correctly, then everything around the chair – not the other way around!



## What you can control in recovery – goals, benchmarks

- When recovering from back pain, it will be a staged / gradual process
- The importance of goal setting
- Can you identify something to measure your progress? Pain scores, duration of work without pain, how far you can walk etc



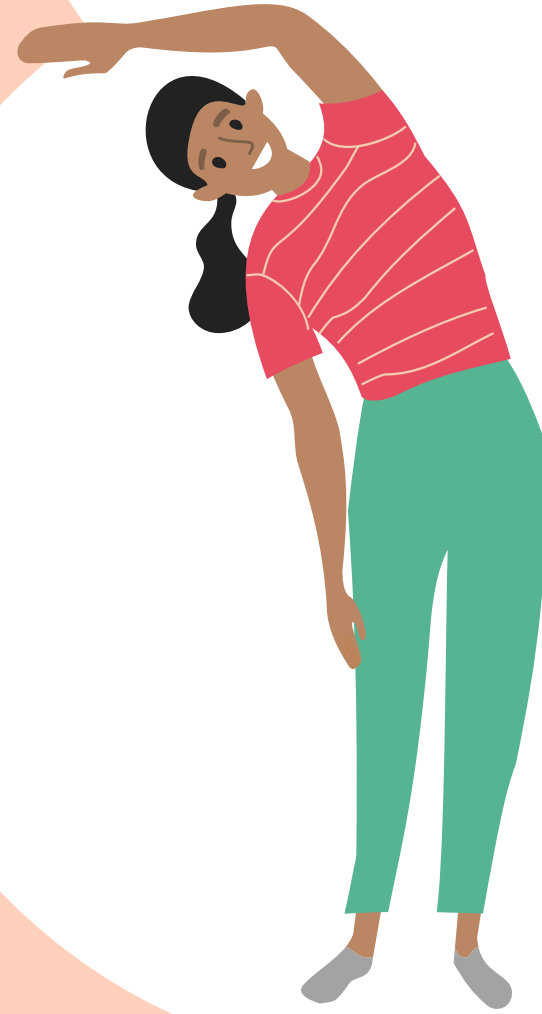


# Your questions

# Is a sit / stand desk always necessary?



**What daily measures can someone apply to avoid back strain / pain - for instance, are there daily exercises to maintain suppleness?**



# When to offer adjustments and when to get professional advice



**If poor posture leads to pain, is there anything that can help?**



# What should I do if I have acute back pain?





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