



How Employees Suffering From Lower Back Pain Are Costing You A Fortune. Take 90 Seconds To Learn How To Avoid It

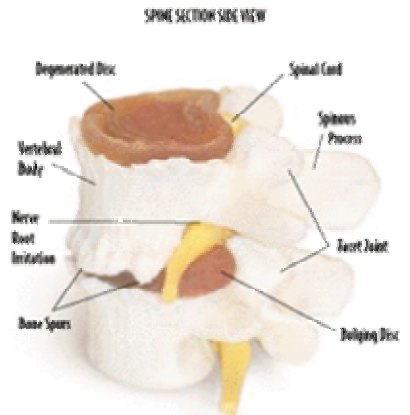
Low back pain results in millions of dollars of lost work and untold suffering every day. Many factors can be responsible for low back pain. Improper sitting or lifting, overexertion, trauma, or inherited spinal abnormalities may also be the cause.

Many of the pain-sensing nerves of the spine are in the facet joints, the two interlocking Magnetic Resonance Imaging "fingers" at the back of each spinal bone. The normally smooth surfaces on which these joints glide, can become rough, irritated, and inflamed. Surgical treatment often involves removing these facet joints, exposing the spinal cord. Another cause of lower back pain can be a bulging disc putting pressure on the spinal cord or a nearby nerve root. The result is often numbness, tingling, or pain down the leg. Cutting away the bulging disc tissue can permanently alter its ability to separate and cushion the adjacent bones. This rarely addresses the underlying structural cause(s) of the problem.

A recent US Department of Defense study indicated that 87.1% of patients with lower back pain did not have to take any days off work if they were treated with chiropractic as compared to 66.1% if they were treated by medical doctors. The study also found that 71.5% of those patients that used chiropractic had no restricted days of work as compared to 51.1% for those treated by medical doctors.

At South Orange Chiropractic Center, we specialize in work environment conditions that could lead to back pain and subsequent days of lost work.

Chiropractors are experts in the care of the bones, nerves, muscles and connective tissues that make up about 60% of your body. All of the joints in your body are part of this musculo-skeletal system and its optimal function is necessary for overall good health. Ask for more information about a care program that includes education about specific spinal adjustments, exercise recommendations, nutritional advice or other conservative methods of care based on your employees health history, age, current condition and lifestyle.



Chiropractic doctors often consult with neurologists, radiologists, and orthopedic specialists when designing care programs for patients with disc involvement.

To learn how you can achieve a lower work related incident rate related to lower back problems, ask for a copy of our **FREE Report "Answers to the questions patients ask about Chiropractic."** It lists the most common questions about chiropractic and answers them in easy to understand language.

FREE Offer: Lunch and Learn about Chiropractic. Dr. Loewrigkeit will come to your office and present a 30 minute overview of what you can do to reduce the risk of musculoskeletal injury in the workplace.

U.S. Labor Statistics report 650,000 Work Related Musculoskeletal Disorders (WRMSD's), resulting in costs to employers of over \$20 billion dollars. These costs include Worker's Compensation and medical expenses, the latter of which are increasing 2.5 times faster than any other benefit cost.

- \$1 of every \$3 of Worker's Compensation costs are spent on occupational MSDs
- Employers pay \$15-20 billion per year in Worker's Compensation costs for lost workdays

- o Mean cost per cause of upper extremity MSD is \$8,070 versus a mean cost of \$4,075 per case for all types of work-related injury
- o Worker's compensation claims per injury equals \$29,000-\$32,000 per year ⁶
- o Medical bills for the average shoulder injury (excluding surgery) is \$20,000 per year ¹¹

Indirect costs are 3 to 5 times higher, reaching approximately \$150 billion per year. ²

These include absenteeism, staff replacement and retraining, loss of productivity and/or quality.

Work-related musculoskeletal disorders (MSDs) currently account for one-third of all occupational injuries and illnesses reported to the Bureau of Labor Statistics (BLS) by employers every year. These disorders thus constitute the largest job-related injury and illness problem in the United States today. In 1997, employers reported a total of 626,000 lost workday MSDs to the BLS, and these disorders accounted for \$1 of every \$3 spent for workers' compensation in that year. Employers pay more than \$15-\$20 billion in workers' compensation costs for these disorders every year, and other expenses associated with MSDs may increase this total to \$45-\$54 billion a year. Workers with severe MSDs can face permanent disability that prevents them from returning to their jobs or handling simple, everyday tasks like combing their hair, picking up a baby, or pushing a shopping cart.

Clearly, work-related musculoskeletal disorders are imposing an enormous burden on workers, employers, and society at large. One study (Sokas, Spiegelman, and Wegman 1989) states that "musculoskeletal disorders rank second only to cardiovascular disease as a cause of disability in the United States...in total economic cost...including direct medical costs and indirect costs due to lost earnings and productivity." Because work-related musculoskeletal disorders represent the single largest preventable occupational safety and health problem in the United States today - - whether measured in sheer number of cases, extent of disability, or loss of productivity -- promulgating an ergonomics standard is consistent with OSHA's policy of attacking more serious occupational injuries and illnesses first.
