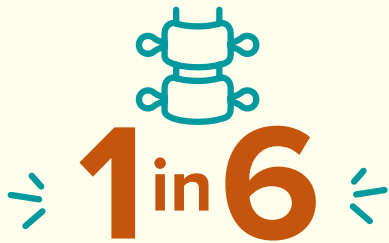


Low Back Pain in Australia

1 September 2022

A COMMON ISSUE



people have back problems including low back pain

BACK PROBLEMS ARE THE

2nd most common reason people go to their GP and one of the top 5 reasons people present to ED

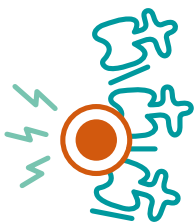
UP TO 80%

of people experience back pain during their life



DISABILITY BURDEN

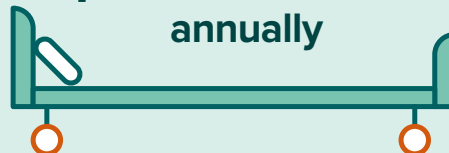
LOW BACK PAIN is the most common



health reason for middle-aged Australians to retire early

LOW BACK PAIN COSTS the healthcare system

\$4.8 billion annually



BACK PROBLEMS including low back pain are the

No.1

cause of lost work productivity and income poverty

6 STEPS TO MANAGE LOW BACK PAIN

1 GET CHECKED

If you're concerned about your low back pain, see your practitioner. They will ask questions and examine you to check for serious causes.

2 UNDERSTAND YOUR SYMPTOMS

Learn about your back pain, what to expect and how to manage it.

3 STAY ACTIVE

Carry on normal activities where possible. Avoid long periods of bed rest which can delay recovery. Advice from a practitioner may help.

4 HAVE A PLAN

Work with your practitioner to develop a self-management plan that includes goals for activity, work and social activities.

5 LIMIT PAIN MEDICINES

Medicines are a small part of pain management. If they are used, remember their role is to help you stay active and recover, not to eliminate pain.

6 SEEK REVIEW

Speak with your practitioner if your low back pain gets worse instead of better or if new symptoms appear. You may need a referral.

WHAT TO EXPECT

Of people with low back pain

75%

of people get better without treatment

25%

of people will have further episodes

ONLY 1%

of people have a serious cause for low back pain