

GET MOVING WITH THE BCA

for Back Care Awareness Week 2019!



#BackPainWeek

? Did you know?

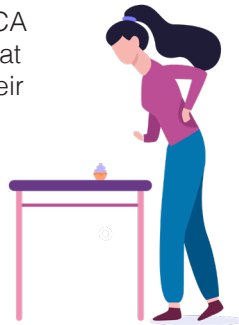
Over 70% of chiropractors have treated patients with injuries linked to sedentary lifestyle habits.



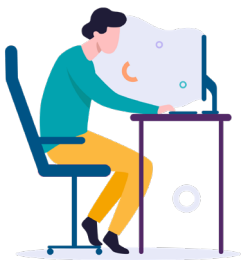
The top three everyday factors having an impact are:

- Sitting for too long (**93%**)
- Commuting (**88%**)
- Screen time (**78%**)

Lower back pain is the most common complaint BCA members treat among all their patients.



Back and neck pain affects more than **10 million** people in England and Scotland alone!



68% of chiropractors have seen an increase in children with issues linked to screen time.

The Royal College of Paediatrics and Child Health revealed that **less than 10%** of British teenagers meet the recommended guidelines for **sleep, exercise and screen time**. In addition, more than **three-quarters** of teenagers spend more than the recommended two hours a day of screen time.



The good news is...



- Physical activity can reduce the risk of developing joint and back pain by **25%**.
- **68%** of our members believe that exercise is the single most important element for maintaining good back health.

The BCA's top tips for better back health

1 Sit up
Make sure you're always sitting comfortably with your back supported in the base of your chair.

2 Get moving
Your back loves to stay active, so try and move around every 20-30 minutes.

3 Straighten up
The BCA has created a programme of three-minute exercises, Straighten Up UK, which can be slotted into your daily schedule to help prevent back pain by promoting movement, balance, strength and flexibility in the spine.