

Wellness on the Run Webinar

Creating a workplace in motion: steps to reducing back and joint pain.

July 18, 2018



Welcome

Today's presentation will begin shortly.

- In order to hear the audio for this presentation, please turn up your speakers.
- If you'd like to ask a question, please use the **Q&A area** of the console.
- A PDF of the presentation and other relevant resources are available under the **Resource Widget** at the bottom of the screen.
- To resize the presentation, just drag the lower right corner of the slide area.
- If you need help during the event, please click on the **Question Mark Widget** at the bottom of the screen.

A photograph of two men in business attire. One man with a beard is seated at a desk, looking at a laptop. Another man with glasses stands behind him, also looking at the screen. They are both smiling. A semi-transparent white box with a thin green border is overlaid on the right side of the image, containing the agenda text.

Agenda

- Understanding back health & joint pain
- Musculoskeletal health and impact on the bottom line
- Keeping your back and joints healthy
- Workplace wellness – how employers can help improve muscle and joint health
- Resources

Back health & joint pain

Back pain can come on suddenly and last less than six weeks (acute), which may be caused by a fall or heavy lifting. Back pain that lasts more than three months (chronic) is less common than acute pain (Mayo Clinic, 2017).

Conditions commonly linked to back pain:

- Muscle or ligament strain
- Bulging or ruptured disks
- Arthritis
- Skeletal irregularities
- Osteoporosis

Back health & joint pain

Overuse injury: any type of muscle or joint injury, such as tendinitis or a stress fracture, that's caused by repetitive trauma (Mayo Clinic, 2016)

Common causes:

- **Training errors.** Training errors can occur when you take on too much physical activity too quickly. Going too fast, exercising for too long or simply doing too much of one type of activity can strain your muscles and lead to an overuse injury.
- **Technique errors.** Improper technique also can take its toll on your body. If you use poor form as you do a set of strength training exercises, swing a golf club or throw a baseball, for example, you may overload certain muscles and cause an overuse injury.

Back health & joint pain

Risk Factors: Anyone can develop back pain. These are some of the factors that could put you at greater risk of developing back pain:

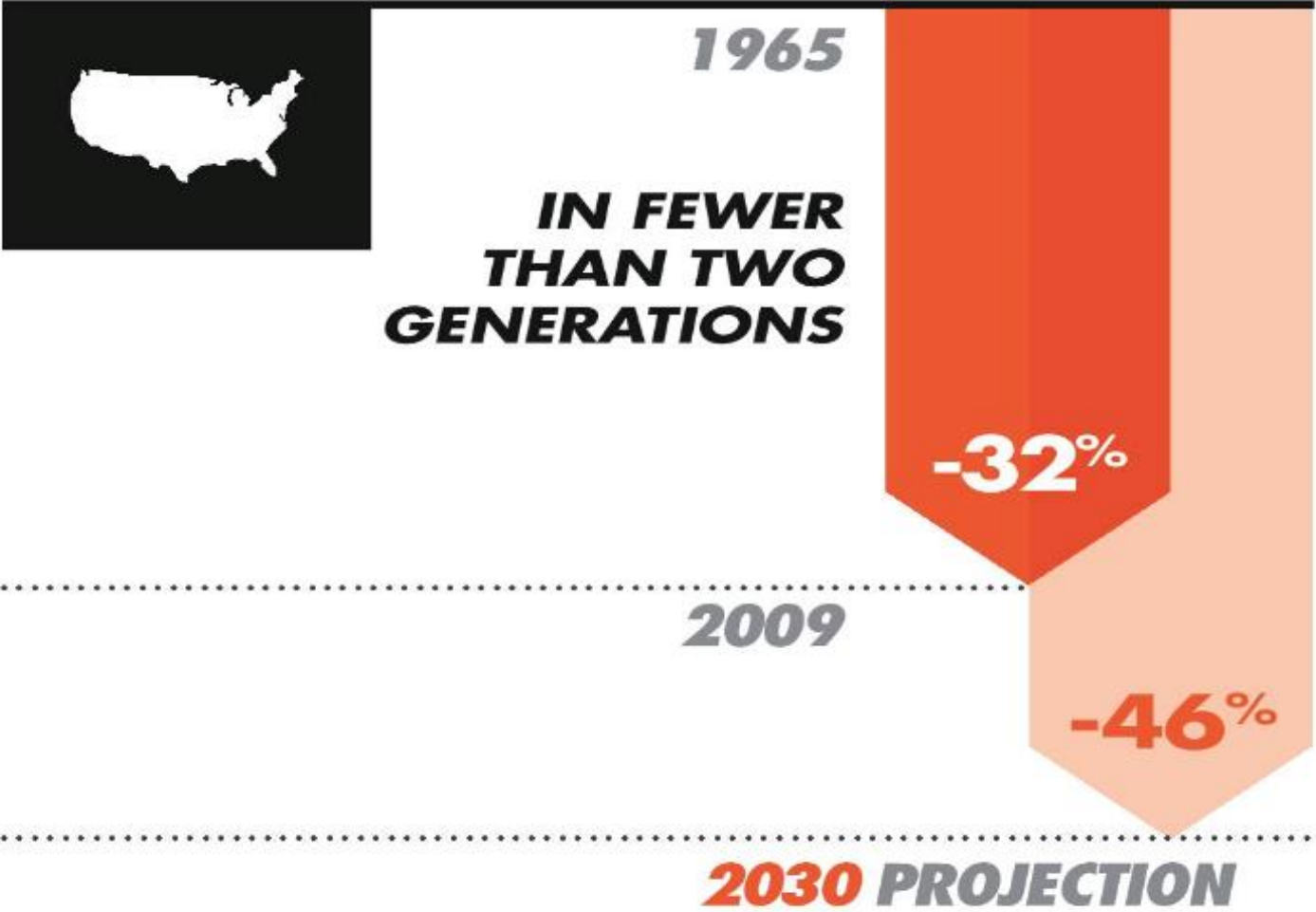
- **Excess weight.** Carrying too much weight puts stress on your back.
- **Lack of exercise.** Weak, unused muscles in your back might lead to back pain.
- **Age.** Back pain is more common as you get older.
- **Diseases.** Some types of arthritis and cancer can contribute.
- **Improper lifting.** Using your back instead of your legs can lead to back pain.
- **Psychological conditions.** People prone to depression and anxiety appear to have a greater risk of back pain.
- **Smoking.** This can keep your body from delivering enough nutrients to the disks in your back.

When to Seek Medical Advice

In rare cases, back pain can signal a serious medical problem. See a doctor immediately if your back pain:

- Is constant or intense, especially at night or when you lie down
- Spreads down one or both legs, especially if the pain extends below the knee
- Causes weakness, numbness or tingling in one or both legs
- Causes new bowel or bladder problems
- Is associated with pain or pulsation (throbbing) in the abdomen, or fever
- Follows a fall, blow to your back or other injury
- Is accompanied by unexplained weight loss
- Begins for the first time after age 50

Risk Factors: The Decline in Physical Activity Levels





movement is life™
Catalyst for Change

Risk Factors: Obesity

Of all countries, the U.S. has the highest obesity rates.

1962	13%
1997	19.4%
2004	24.5%
2007	26.6%
2010	35.7%

(68.8% for overweight & obese)

(CDC, 2011)



Being only 10 pounds overweight increases the force on the knee by 30-60 pounds with each step.

Musculoskeletal health and impact on bottom line

1st

Rank of low back pain in causes of disability worldwide ¹

80%

Estimated lifetime prevalence for low back pain ²

10.2%

Period prevalence (2006) for chronic low back pain in NC and estimated to be similar nationally ³

4th

Back surgery's rank among all ambulatory surgeries in highest mean charge per visit ⁴

¹ American Chiropractic Association, 2018

² Rubin DI. Epidemiology and Risk Factors for Spine Pain. Neurol Clin. 2007

³ Carey, Timothy "Chronic Low Back Pain Is on the Rise" University of North Carolina, 2009

⁴ HCUP Fact Book No. 9: Ambulatory Surgery in U.S. Hospitals, 2003

Musculoskeletal health and impact on bottom line

\$16.9B

Value of lost productivity dollars associated
with back pain in 2006 ¹

650,000
and
\$20 Billion

of elective back surgeries and their contribution to
healthcare spending each year ²

13% of all ambulatory surgeries and **50%** of all associated charges billed to
private insurers were for the treatment of musculoskeletal disorders ³

¹ Back Pain Exacerbations and Lost Productive Time Costs in US Workers, Spine Journal, Volume 31 Issue 26

² Annals of Internal Medicine, Cost-Effectiveness of Spine Surgery: The Jury is Out

³ HCUP Fact Book No. 9: Ambulatory Surgery in U.S. Hospitals, 2003

Keeping your back and joints healthy

Manage your weight

Quit smoking

Stand and sit smartly

Get moving

Use proper form and gear

Pace yourself

Gradually increase your activity level

Mix up your routine with cross-training



Always consult a qualified medical professional before beginning any nutritional or exercise program.

Keeping your back and joints healthy

Proper lifting technique: lift, push, pull and carry smartly

- Let your legs do the work.
- Move straight up and down. Keep your back straight and bend ONLY at the knees.
- Hold the load close to your body.
- Avoid lifting and twisting simultaneously.
- Find a partner if the object is heavy or awkward to hold.



Improving Muscle & Joint Health in the Workplace

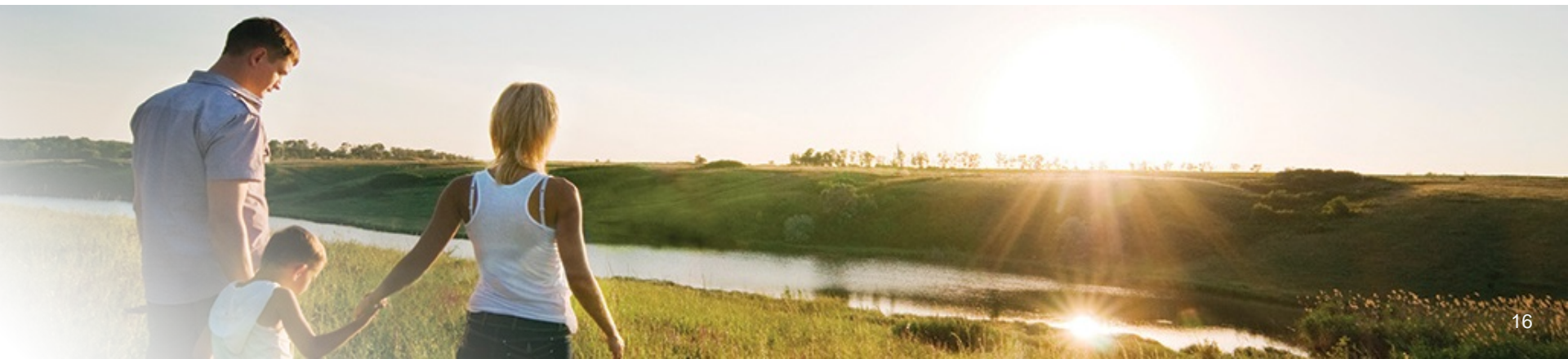
1. Allow use of standing work-stations or allow workers to stand after 30 minutes of sitting
2. Encourage managers and directors to start walking meetings when appropriate
3. Encourage 30 minutes of exercise daily including walking during breaks or walking programs that use pedometers (2 minute increase in walking for obese members can decrease back pain risk by 38% - based on Stanford study)
4. Start yoga exercise programs, core muscle strengthening and smoke cessation programs

Improving Muscle & Joint Health in the Workplace

5. Implement arthritis self-management programs
6. Use incentives for employees to maintain a healthy BMI and healthy weight
7. Use Low Back Pain decision support tools and education resources
8. Provide a Webinar or Lunch and Learn session on “Bone Health and Osteoarthritis Prevention”
9. Encourage employees to get plenty of sleep (up to 8 hours for adults)
10. Start nutrition education programs both in the workplace and for spouses to reduce prevalence of obesity

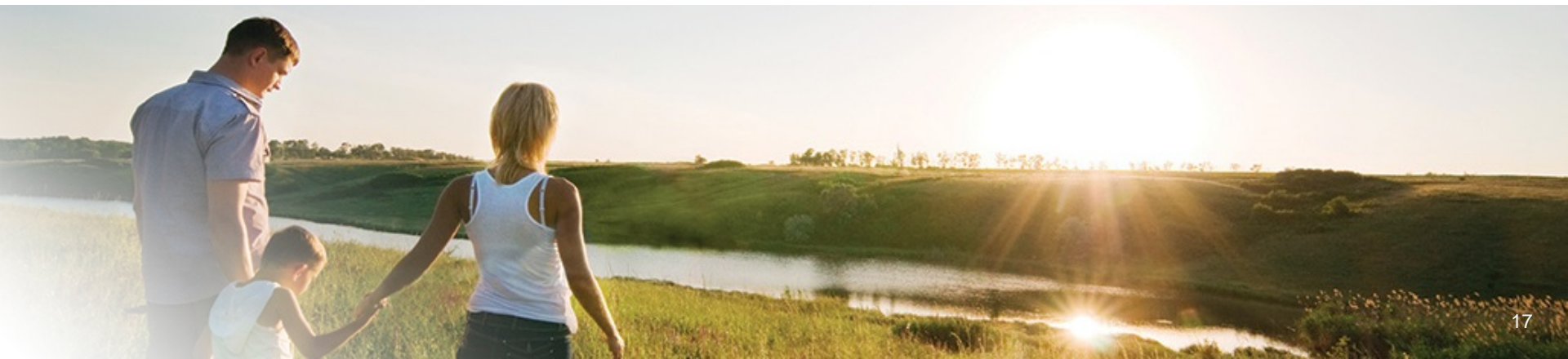
Resources

- Time Well Spent
 - Main website: <http://www.timewellspenthome.com/>
 - Musculoskeletal Health Kit
 - Article – Your Office Workout
 - Article – A Guide to Posture in the Workplace
 - Article – Anti-Arthritis Diet



Resources

- Arthritis Foundation
 - Information on living with arthritis www.arthritis.com
- CDC
 - Living with severe joint pain www.cdc.gov/features/arthritis-quality-life/index.html
 - Physical activity and health <https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>
- *Take Back Control* by Kamshad Raiszadeh, M.D.
 - A surgeon's guide to healing your spine without medications or surgery www.takebackcontrol.com



2018 DocTalks

Your employees can get health tips with our free DocTalk webinars!

DocTalk webinars are available to all members and their spouses.

August 14, 2018 12:00 pm. & 3:00 p.m. EDT	Diet, Nutrition and Weight Loss Presenter: Dr. Richard M. Lachiver Health and Wellness Account Management Medical Director Regional Vice President
October 9, 2018 12:00 pm. & 3:00 p.m. EDT	Health Literacy – How to Communicate With Doctors and Manage Your Care Presenter: Dr. Michael Eleff Health and Wellness Account Management Medical Director Regional Vice President

Employees can register at webinars.on24.com/doctalk/register2018.

Questions

