Wellness on the Run Webinar

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

July 18, 2018
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.
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 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
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.
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

1965
IN FEWER THAN TWO GENERATIONS

-32%

2009

-46%

2030 PROJECTION
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)
Musculoskeletal health and impact on bottom line

1st: Rank of low back pain in causes of disability worldwide

80%: Estimated lifetime prevalence for low back pain

10.2%: Period prevalence (2006) for chronic low back pain in NC and estimated to be similar nationally

4th: Back surgery’s rank among all ambulatory surgeries in highest mean charge per visit

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1 American Chiropractic Association, 2018
3 Carey, Timothy “Chronic Low Back Pain Is on the Rise” University of North Carolina, 2009
Musculoskeletal health and impact on bottom line

Value of lost productivity dollars associated with back pain in 2006

$16.9B

650,000

and

$20 Billion

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

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

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
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](http://www.arthritis.com)
- CDC
- Take Back Control by Kamshad Raiszadeh, M.D
  - A surgeon’s guide to healing your spine without medications or surgery [www.takebackcontrol.com](http://www.takebackcontrol.com)
Your employees can get health tips with our free DocTalk webinars!

DocTalk webinars are available to all members and their spouses.

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