

Back Facts and Figures



Interesting facts about back pain.

- Back pain is very common, almost half the adult population report lower back pain lasting for at least 24 hours at point in the year. (Palmer *et al* 2000)
- 4/5 adults will experience back pain at some stage in their life (Palmer *et al* 2000)
- The number of people with back pain increases between ages of 35 and 55. (Burton *et al* 2006)
- Back pain is in most cases a self limiting condition. (Nachemison *et al* 2001)
- 90% of people with acute back pain will recover within 6 weeks. (Nachemison *et al* 2001)
- The NHS spends more than £1billion per year on back pain related costs. (Maniadakis. A. 2000)
- In the private sector £565 million is spent on back pain every year. (Maniadkis. A. 2000)
- Back pain costs UK employers between £590 -£624 million every year. (Pain in Europe report, 2003)
- 5 million working days are lost per year due to back pain.
- Physical exercise can be a very effective method to reduce pain and discomfort suffered on the back.