

Low Back Health

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Incredible Industry Facts

- Low back injuries (LBI) account for 80% of all workers compensation costs in this country:
~80 billion dollars per year!
- but, low back injuries only account for 10% of all injuries
- 70% of low back pain is caused by muscle imbalance

Reasons of Injury

Maryland National Center for Health Statistics:

- » Past history of back pain or injury
- » Heavy labor
- » Trunk strength deficits
- » High stress levels
- » Poor general health
- » Lack of job satisfaction

Anatomy & Physiology

- The spinal column houses our nerves, and is surrounded by musculature
- Adequate strength and flexibility prevents and reduces back problems

Biomechanics

- Proper posture
 - » upright military: abs tight/chest high
- Worksite posture
 - » muscles are constantly stressed
- Injuries and how they happen
 - » repetition of movements
 - » decreased strength and flexibility

Ways to decrease the 10%

- For positions with possible injury implications, screen employees with specific questions on an application or through interviews about job duties, risks, and their physical background.
- Strengthen proper musculature.
- Flexibility
- Train employees in all physical aspects and get *their* feedback on ways to make their work environment safer - this will also help promote job satisfaction when they know they provide valuable insight and voice to their company's success.

Recommendations

- Exercises
 - » Squats: *hips, gluteals & thighs*
 - » Calf raise/front calf raise: *calves*
 - » Floor back raise: *lower back*
 - » Push-ups: *chest & mid-back*
 - » Shrugs: *upper back*
 - » Crunches: *abdominals*

Recommendations

- Stretches
 - » quadricep
 - » hamstring
 - » abductors/adductors
 - » low back
 - » calf
 - » chest
 - » back

Recommendations

- Stress reduction
 - » Relaxing the muscles while working or doing activities
 - » Cardiovascular exercise
- Adjuncts to worksite/home safety
 - » seat supports (lumbar supports)
 - » proper environment emphasizing proper posture
 - » home supports - ortho pillow for good neck posture
 - » being aware of bodily position at all times
 - abs tight and chest high