

# HEALTH REPORT

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## SEDENTARY JOBS LINKED TO BACK PROBLEMS

You might be surprised to learn what types of jobs are the most likely to cause back pain problems for workers. If you guessed jobs that involve lots of physical effort and heavy lifting, the information that follows could provide a whole new look into potential back problems in your own occupation.

People who “sit down all day” are the members of the working population most susceptible to back pain issues. This fact comes from a recent survey of 2,374 people conducted by the British Chiropractic Association (BCA). Researchers found that 59% of the respondents with sedentary jobs and lifestyles are more at risk of having back issues than people who do a great deal of lifting and carrying in their positions.

Here is the list of at risk jobs for back pain as provided by the BCA.

1. Office Worker – Involves long periods of time sitting in awkward positions or in improperly adjusted chairs, often slouched over computer keyboards.
2. Nurse – Many hours on their feet along with lifting and carrying, too.
3. Driver – Long hours sitting in poor positions with limited movement.
4. Laborer – Repeated strain from lifting and twisting, often in awkward positions, does take its toll.
5. Teacher & Nursery Staff -- Involves much bending down to child’s height and lifting of children that can cause back problems.

“This survey has highlighted what we Chiropractors have known for some time,” said Dr. Tim Hutchful of the BCA. “Lack of exercise and sedentary lifestyle is taking its toll. It is those with less physically demanding jobs and who are often seated for the majority of the day that could be most prone to back problems.

“Hunching over computer keyboards and cradling the phone between the ear and shoulder can all contribute to lower back and neck stiffness, not to mention the fact that many office workers sit for hours at a time with very little movement.”

People with office-related jobs would be most wise to get up from their desks, move about and stretch frequently. Additionally, paying close attention to correct posture while sitting in a properly adjusted chair and computer monitor would also help to avert back issues. “For many in the office environment, it is the day-to-day, mundane routines that are at the root of most back problems,” adds Dr. Hutchful.