

# Your Partner in Workplace Health & Wellness

AdventHealth Medical Group Spine Health

Did you know there are almost 300 million lost work days per year in the U.S. due to back and neck pain? At AdventHealth Medical Group Spine Health, we understand how debilitating back pain can be, how it can affect all areas of a person's life and how important it is for all to be aware of preventive measures. As a member of the community, we are here to partner with you on the health of your employees, to help prevent injuries, to decrease the number of employee sick days taken and to reduce health care costs for the employer and employee alike.

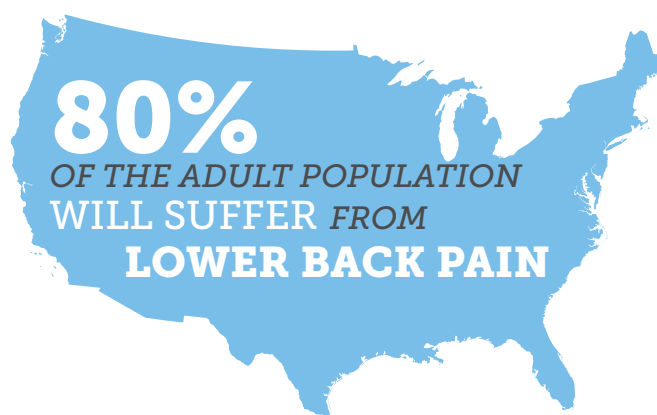
We offer several complimentary education resources:

## Onsite Seminars

- We can provide your employees with valuable education on proper techniques to use daily to prevent future injuries, better manage their lower back pain, and maintain optimal spine health. These seminars will be led by a member of the multidisciplinary team which consists of physicians, a physical therapist and a registered dietitian.

## Online Educational Classes

- Our online educational resource, SpineU, will keep you up-to-date on how to care for your spine. This is a free video library providing great information aimed at answering commonly asked questions regarding injury prevention, diagnosis methods, nonsurgical procedures, minimally invasive surgical treatments and recovery expectations.



Source: American Academy of Pain Medicine

## WHY IT MATTERS

- According to the American Academy of Pain Medicine, employee back pain costs employers over \$7.4 billion per year nationwide.
- Healthy employees perform better on the job, use less sick time and need less medical care than do workers with health problems.
- Employees working with lower back pain are often less productive and underperform.

\* Source: *The Burden of Musculoskeletal Diseases in the United States*

For more information, contact Sheri Peterson at 407-303-2108 or [sheri.peterson@adventhealth.com](mailto:sheri.peterson@adventhealth.com).

BACK PAIN IS  
**THE #1**  
CAUSE OF LOST  
PRODUCTIVITY IN  
THE WORKPLACE



Source: American Academy of Pain Medicine

AdventHealth complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente 407-303-3025.

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele nimewo ki anba an 407-303-3025.

  
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