

Your Partner in Workplace Health & Wellness

Spine Health Institute

Did you know there are almost 300 million lost work days per year in the US due to back and neck pain?*

At the Spine Health Institute, 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 preventative 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 healthcare costs for the employer and employee alike.

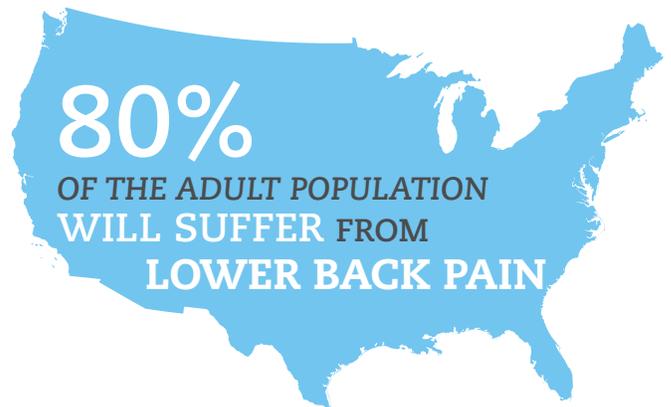
We offer several complimentary education resources:

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. You can also sign-up for the center's email newsletter to receive the latest on the news and developments in the world of spine health.



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*

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

Source: American Academy of Pain Medicine

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