SPINAL HEALTH IN THE SCHOOL ENVIRONMENT

Presenters manual for teachers
2006
SPINAL HEALTH

Introduction
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Setting The Scene
• Lifetime Prevalence of Spinal Pain of over 80%
• The leading musculoskeletal cause for health care expenditure
SPINAL HEALTH COSTS

Community
- Loss of productivity
- Family disturbance

Individual
- Pain
- Suffering
- Loss of Work
- Activities of Daily Living
- Hobbies

Industry
- Levies
- Greater overheads
- Lost productivity
- Product costs

Pharmaceutical companies
- Medical/Allied Health

Medical system
- Taxes
- Health fund costs

Worker Compensation System
- Levies
- Product costs
- Taxes

Greater overheads
Lost productivity
Product costs

Community
Loss of productivity
Family disturbance
Why is the incidence of spinal pain constant?
Nutrition
Weight
Sedentary Lifestyle
Change in work activity
Better health care