

# GSC THERAPY SERVICES INFORMATIC



G S C  
THERAPY SERVICES

*Your Resource for Injury Prevention Information!*

## The Epidemic of Low Back Pain

Approximately 80% of workforce populations report low back pain at some stage in their life. Of the 80%, only 6% of reports have a medically related condition that requires a major intervention (i.e. arthritis, disc herniation, cauda equina lesion, cancer, etc.). This means that 74% of reported back pain can be classified as "mechanical back pain" and is typically left untreated.

Most chronic back pain cases can trace their first episode of low back pain to some age between their 30s and 50s. As employees grow older, repetitive activity, coupled with degenerating bone and muscle tissue causes a substantially higher risk of long term back issues, chronic pain and decreased productivity.

As employers, the first step we can take to address this epidemic is from a body mechanics standpoint. Proper, or efficient body mechanics, posture, and breathing education have been shown to reduce reports of low back pain. Weight loss has also been shown to improve low back pain greatly. The following are some general guidelines to follow to the approach and management of acute and chronic low back pain:

### The key points for acute and subacute back pain (<3 months):

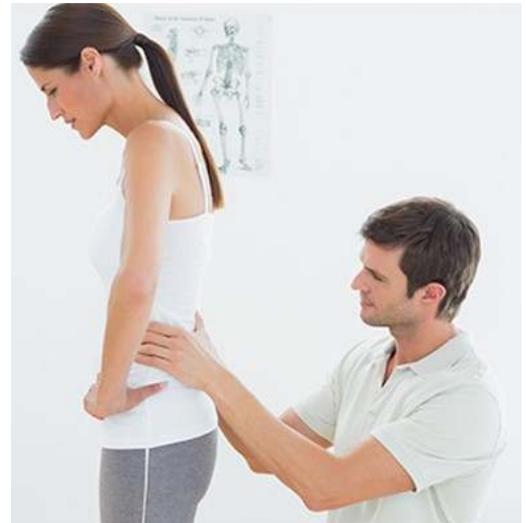
- Discourage sedentary behaviors and rest, or limit to a maximum of 2 days in some cases
- Stay active and exercise
- Focus on diaphragmatic breathing techniques

### For chronic back pain (>3 months):

- Refer to proper medical channel (i.e. Physical Therapist, Occupational Therapist, or Athletic Trainer).

Occupational back pain is a 50-billion-dollar per year industry. Ignoring proper biomechanical techniques and ignoring acute and sub-acute interventions can cost companies in real dollars and lost productivity. Bed rest and sedentary activities should be avoided while movement and physical activity should be promoted.

**Interested in how GSC Therapy Services can help your company manage and alleviate your employees' pain and symptoms?**



**FEEL BETTER. BE HEALTHY. LIVE LIFE.**



G S C  
THERAPY SERVICES



G S C  
THERAPY SERVICES

Val Vista & Queen Creek  
4902 S. Val Vista Drive  
Suite B-106  
Gilbert, Arizona 85298

Lindsay & Baseline  
2915 E Baseline Road  
Suite 108  
Gilbert, Arizona 85234

Pebble Creek Pkwy & McDowell  
2655 N Pebble Creek Pkwy  
Inside The Groves Assisted Living  
Goodyear, AZ 85395

Florence Blvd & Salk Dr  
803 N Salk Dr  
Casa Grande, AZ 85122

Red Mountain Medical Plaza  
8035 E. Brown Rd, Bldg. 4  
Mesa, AZ 85207

PHONE 480.855.8866 FAX 480.855.8867 [www.gsctherapy.com](http://www.gsctherapy.com)