



OCTOBER 16

# WORLD SPINE DAY

## “Your Back At Work”

### Did you know?

- Low back pain is one of the most common & costly causes of disability in the world
- 50% of the working population will experience back or neck pain symptoms at least once per year
- Back and neck pain is one of the most common reasons for workplace sick leave

### SHARE YOUR SPINE SELFIE!

Take a photo of “your back at work” demonstrating a healthy spine habit and share using **#spineselfie**, **#worldspineday** on **October 16!**

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