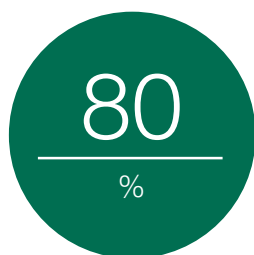


# Back Care Awareness

## Factsheet



Back pain is something that almost half of all adults in the UK suffer with at some point every year. Here are just a few facts and figures about back pain in the UK:



Approximately 80% of adults will experience back pain at some stage in their lives.



Back pain is the number 2 reason for long term sickness in the UK.



Back pain costs the NHS more than £1 billion a year.



An additional £565 million is spent on treating back pain in the private healthcare sector.



MCDs including back pain account for more than 30 million working days lost per year.



The HSE estimate that back pain costs British businesses up to £624 million per year.