

## FACT SHEET

### Back Facts

- 60% of people experience back pain sometimes during their lifetime.
- According to the charity BackCare back pain peaks among the 45-64 age group.
- Cost of back pain to the NHS is £481 million a year.
- Nearly 5 million working days are lost each year, with each sufferer taking about 20 days off in that period.
- Back Pain frequently reduces people's quality of life and adversely affects their family and social relationships<sup>1</sup>.
- Back pain is the second most common cause of long term sickness absence for much of the UK<sup>2</sup>.

### Back Pain costs the country £ billions

1. Back pain is the nation's leading cause of disability, with 1.1 million people disabled by it.
2. The most recent information available suggests that the NHS currently spends about £480 million a year on services used by people with back pain. This includes about 14 million GP consultations, seven million physical therapy sessions and 800,000 in-patient bed-days.
3. Back problems cost the nation about £6 billion a year.
4. A typical GP practice with 5 GPs and 10,000 patients spends an average of £88,000 a year on patients with back pain.

### Cost of back problems to the economy:

Private Healthcare	£197m
NHS	£480m
DSS	£1,400m
Lost Production	£3,800m

### Today the message is get up and be active

Inactivity and bed rest increases the chance of disability, however an active approach to treatment can speed recovery. Researchers at Hull's Institute of Rehabilitation found taking exercise could be the key to getting over severe lower back pain<sup>3</sup>.

The BackCare support their findings stating the increase in back pain is due to our inactive modern lifestyles. Keeping active is one of the keys to both curing and preventing back pain. BackCare state that the best remedy for acute attack of lower back pain (the most common kind) is to keep moving.

Despite the advice cited above GP's still recommended bed rest to 1 in 4 of the people who consulted them about back pain.

### How can the Colroy Retriever help Back Pain sufferers?

The Colroy Retriever is a smart walking stick that features an easy-to-use grabbing mechanism that reduces the muscular stress when reaching and bending down to retrieve items.

It is ideal for those independent individuals with mild mobility problems who still lead an active life.

*This fact sheet is for information only and not to be regarded as patient advice. Always consult your doctor if you are suffering from back pain.*