



# Put your back pain in the experts' hands.

## Chiropractors

The spinal health care experts.

**IN THE WESTERN WORLD,  
80% of the POPULATION WILL EXPERIENCE  
DISABLING LOW BACK PAIN** during their lives.

In healthcare systems around the world, back pain is common, poorly managed and very expensive - both in terms of treatment costs, and the indirect costs of disability and lost productivity.

In 2004-2005, approximately 3 million Australians reported having back pain. In 2000-2001, chronic back pain accounted for \$567 million of the total Australian healthcare expenditure.

*A study in 'Spine' on low back pain has shown that compared to those who sought care from medical doctors, chiropractic patients were more likely to be satisfied with their care, and less likely to seek care from another provider for that same episode of pain\**

Chiropractors are the spinal health experts, and are the only health professionals who study the neuromuscular system for five years full time at university.

Each week, there are approximately 200,000 visits to Australian chiropractors for a broad range of reasons.

Chiropractic care represents the pinnacle of best practice for low back pain, is extremely safe and does not use drugs. Chiropractic care of the spine reduces pain, decreases medication, and is extremely cost effective.

Discover for yourself why **"there's so much more to chiropractic."**

*Causes of back pain include:*

- Poor posture
- Seating issues
- Ligament injury
- Incorrect lifting
- Lack of exercise

**Your local CAA chiropractor:**

*healthy spine, healthier life*



Chiropractors' Association of Australia

[www.chiropractors.asn.au](http://www.chiropractors.asn.au)

\* Carey, T.S., Evans, A.T., Hadler, N.M., Lieberman, G., Kalsbeek, W.D., Jackman, A.M. et al. (1996). Acute severe low back pain: a population-based study of prevalence and care-seeking. *Spine*, 21, 339-344.