

INDIVIDUALISED SUPPORT

PARTICIPATION

HEALTHY WORK

**VERSUS
ARTHRITIS**

WHAT ARE MUSCULOSKELETAL (MSK) CONDITIONS

THREE GROUPS

Inflammatory conditions

E.g. Rheumatoid arthritis

Uncommon: RA 400,000

Can strike at any age, including childhood

Urgent (often costly) specialist treatment essential

Conditions of musculoskeletal pain

E.g. Osteoarthritis, back/neck pain, fibromyalgia

Very common: OA 10 million, prevalence rises with age

Strong links to obesity, physical inactivity

Supported self management in 1° care; 1:4 OA has surgery

Osteoporosis, fragility fractures

E.g. Painless, weak bone; fall-from-standing-height fracture

3 million with osteoporosis
300,000 fragility fractures/year

Risks include age, nutrition, smoking, alcohol, inactivity

1° prevention inexpensive; treating fracture more complex

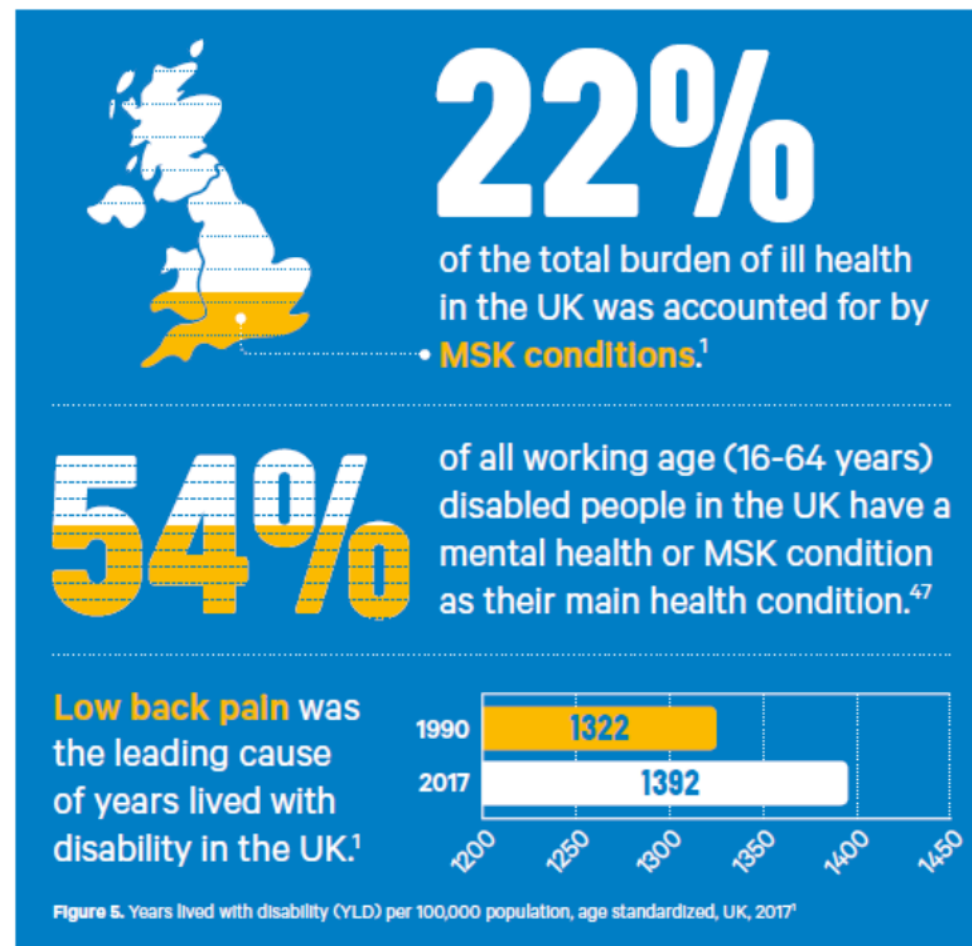
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BACK PAIN AND WORK

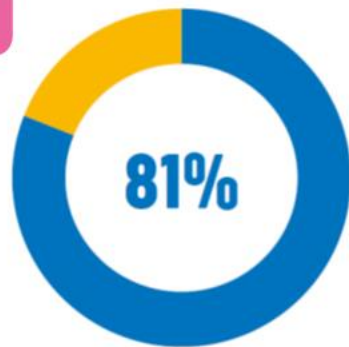
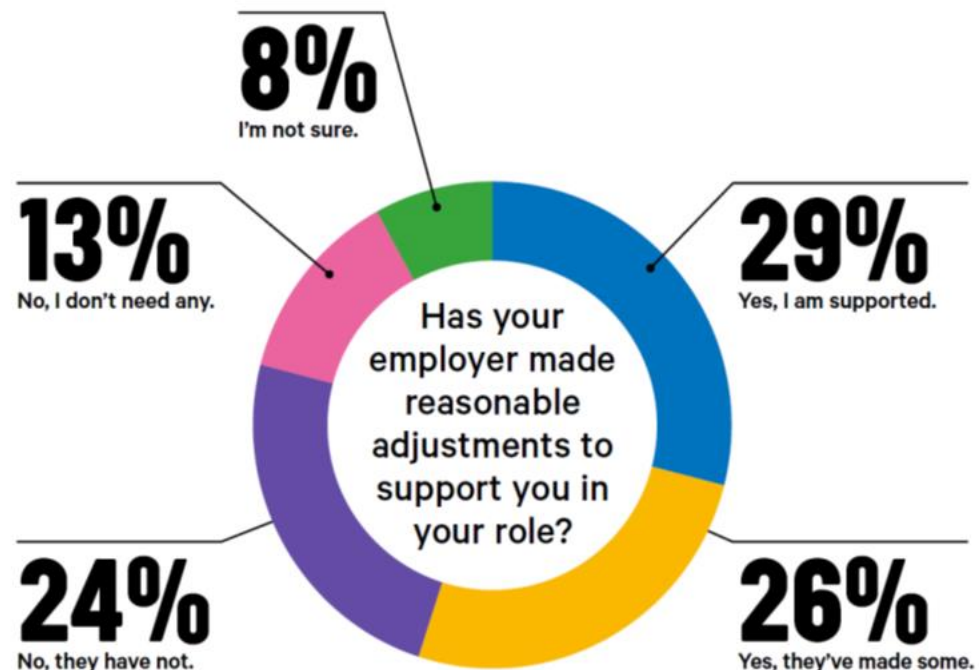
WHAT'S THE IMPACT OF BACK PAIN ON WORK?



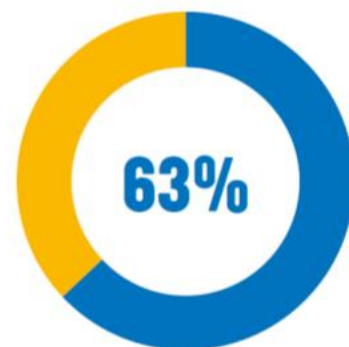
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BACK PAIN AND WORK GETTING THE HELP YOU NEED



81% of working age adults without a health problem are in work.



63% of working age adults with a musculoskeletal condition are in work.

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BACK PAIN AND WORK

WHO GETS BACK PAIN?

Adults

Four out of five of us have an episode at some point during our lives

Around five million adults in the England have severe back pain

Young people

Around one in five young people have long-term low back pain

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BACK PAIN AND WORK CAN STICK AROUND A WHILE

Affects one third of the UK
adult population at some point each year

90% of people taking time off for low back pain are
back at work within two months

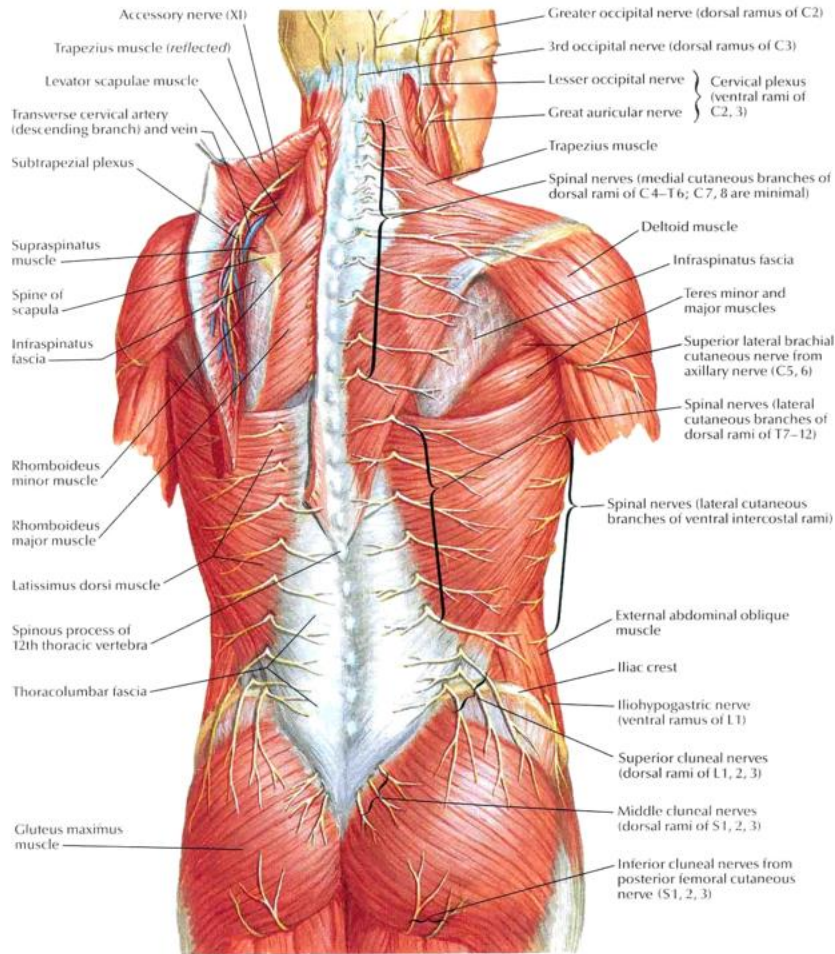
After an episode of back pain, around three in five
people still have back pain one year later

One in six people initially unable to work are not
working after one year

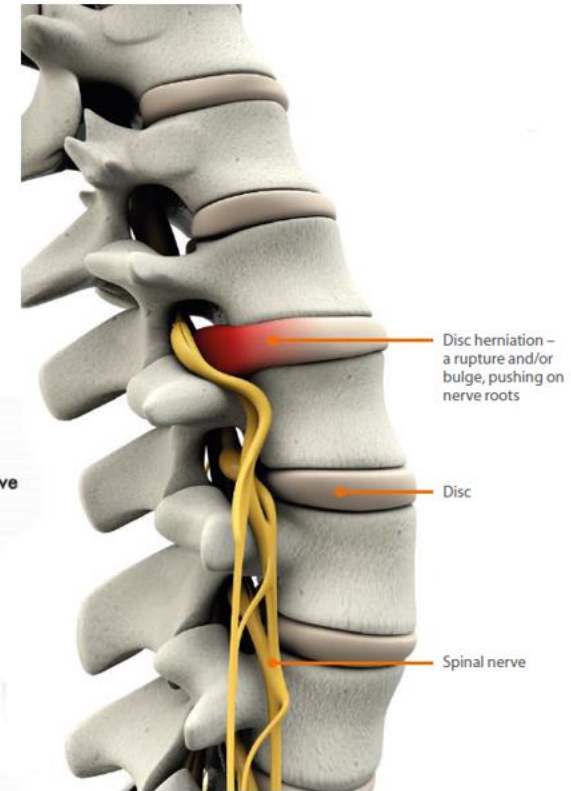
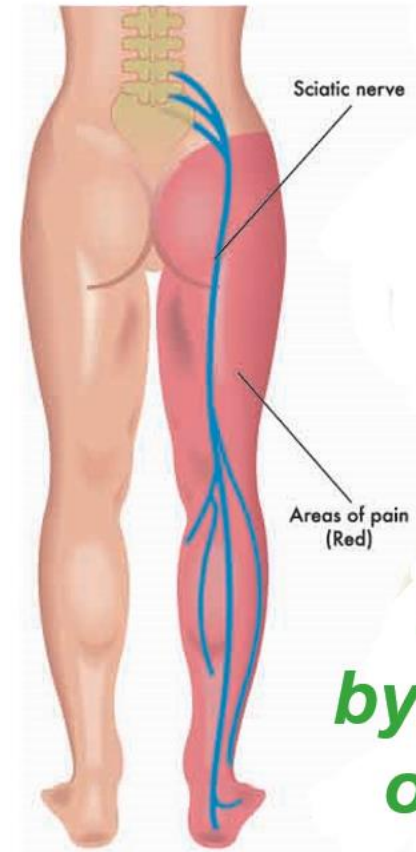
BACK PAIN AND WORK

WHY DO BACKS HURT – COMMON CAUSES

Most back pain is muscular



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Sciatica is caused by pressure on a nerve

BACK PAIN AND WORK

INDIVIDUAL AND SOCIAL FACTORS INCREASE RISK



Obesity

People who are obese are between 1.5 and 2.5 times more likely to have back pain, rising to four times more likely among those who are highly obese.^{38, 39}



Smoking

The prevalence of low back pain is approximately 50% higher in daily smokers compared to non-smokers.^{170, 171}

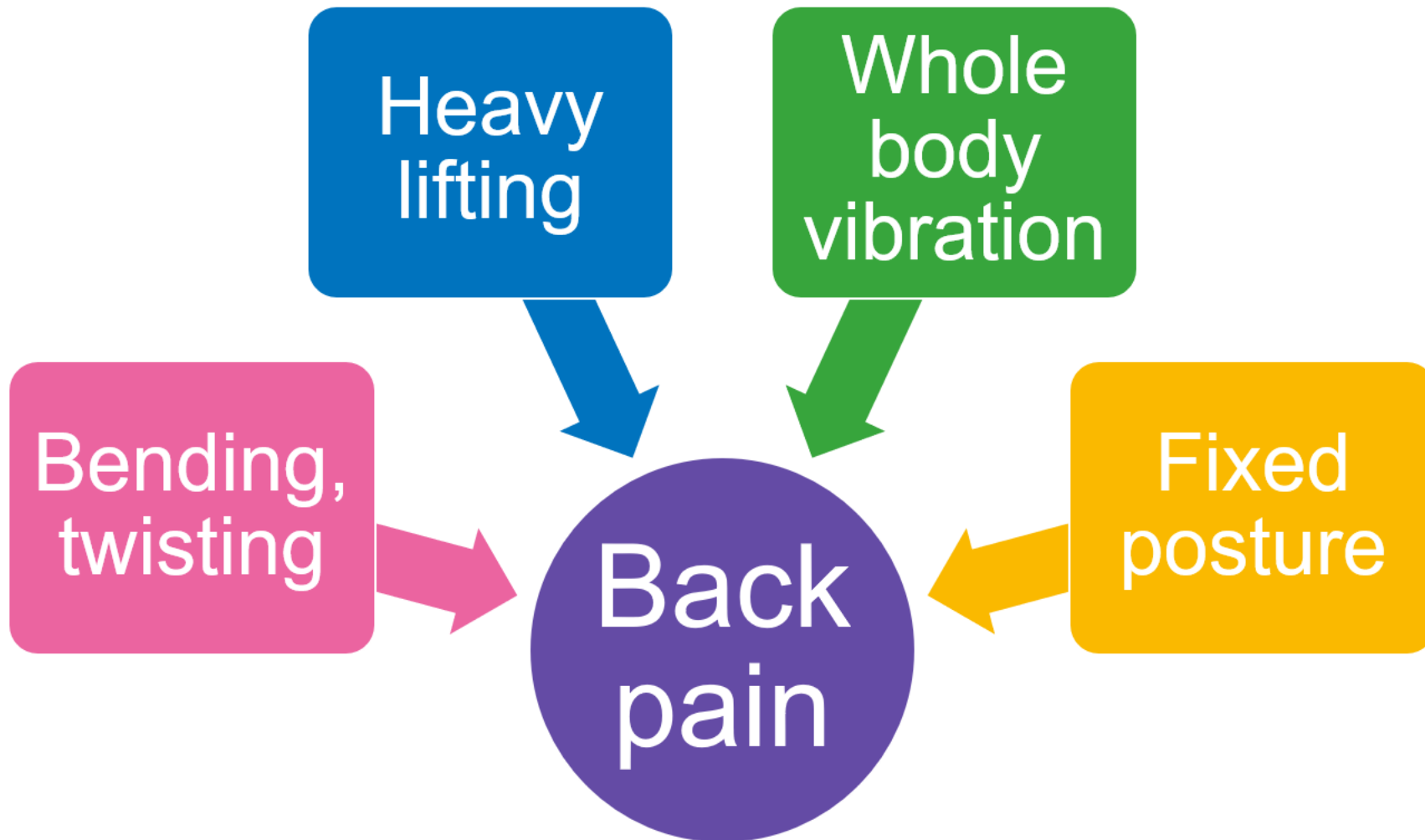


Deprivation

People aged 45–64 years of age (working age) in the most deprived areas of England are almost twice as likely to report back pain (17.7%) as those from the least deprived areas (9.1%).³

BACK PAIN AND WORK

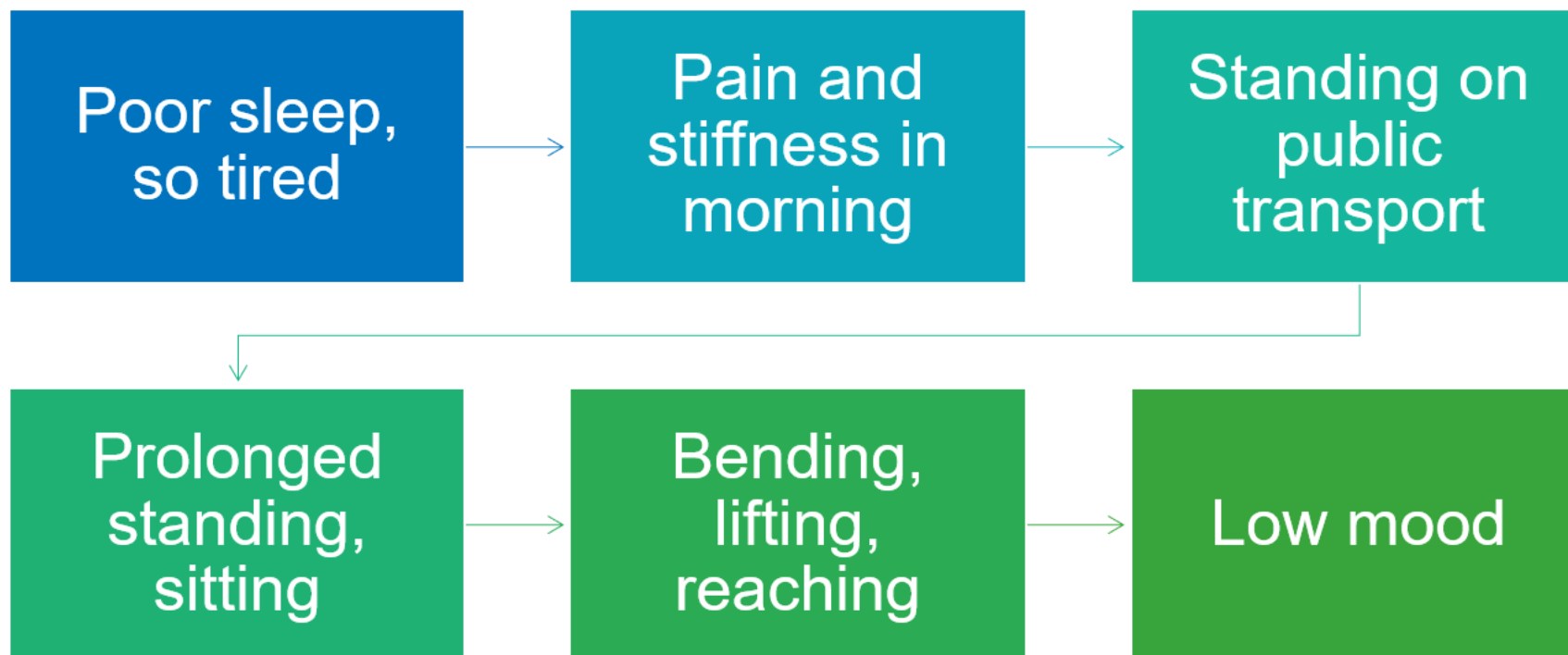
IS IT RELATED TO OCCUPATION?



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HOW DOES IT AFFECT ABILITY TO WORK?



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WHY DO BACKS HURT – RARE CAUSES

Inflammatory disease

Infection

Cancer

Fracture

Spinal compression

Most back pain can be diagnosed by a physiotherapist or doctor listening to and examining the patient

Getting an MRI scan done unnecessarily can create more worry and increase long-term disability

BACK PAIN AND WORK

BACK PAIN AND MENTAL HEALTH



Depression and anxiety

Musculoskeletal conditions and mental health have a complex and reciprocal relationship, each exacerbating the other.

Living with back pain can lead to depression and anxiety. Conversely, psychological distress and depression worsen pain.

The odds of back pain in people with symptoms of depression have been shown to be 50% higher than in those without symptoms of depression.¹⁷²

Fibromyalgia has been reported to occur in 25% to 40% of adults with persistent low back pain.

People with chronic low back pain more than twice as likely to report depression, anxiety and sleep disorder, than those without low back pain

HELEDD HALL

BACK PAIN

Heledd's back pain started after she had her children in her early 30s. The keen runner found that doing specific exercises for her back as advised by a physiotherapist helped clear it up. As a GP herself, Heledd sees many people with back pain and her recent experience really helps her offer great advice, support and an empathetic ear.



BACK PAIN AND WORK WHAT CAN PEOPLE DO ABOUT IT?



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棚 Ward-off

捋 Roll back

擠 press

按 Push



採 Pluck

捋 Lay

肘 Elbow

靠 Lean sideways



YOGA for Healthy Lower Backs



www.yogaforbacks.co.uk

A self-care group programme for chronic/recurrent low back pain:

- ✓ **Physical activity (beginner-friendly)**
Strengthening, Stretching, Mobility, Posture
- ✓ **Education and behaviour change**
Pain-relief, Spinal health education, Positive mental outlook, Home practice
- ✓ **Holistic approach**
Breathing, Mindfulness, Relaxation

Research evidence shows that YHLB resulted in:

- 30% improvement in general daily functioning
- 70% reduction in work absenteeism over 12 months
(average 3.8 days off sick compared to 12.3 for control)
- Most maintained exercises 9 months after course
- Cost effective from NHS, societal perspective

Delivering the programme

- Course of 12 classes x75 mins, max. 12 people
- Taught by qualified yoga teachers with additional specialised training
- Educational resources: Manual (book), Relaxation CD, Practice Sheets
- Cost £300 per person attending

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BACK PAIN AND WORK

WORKING WITH BACK PAIN

Access to Work support

Travel, equipment, support worker, mental health support

Flexible working

Right to request if in continual employment for 26 weeks

Supportive line management

Can be as important as legal rights

Dialogue with an employer

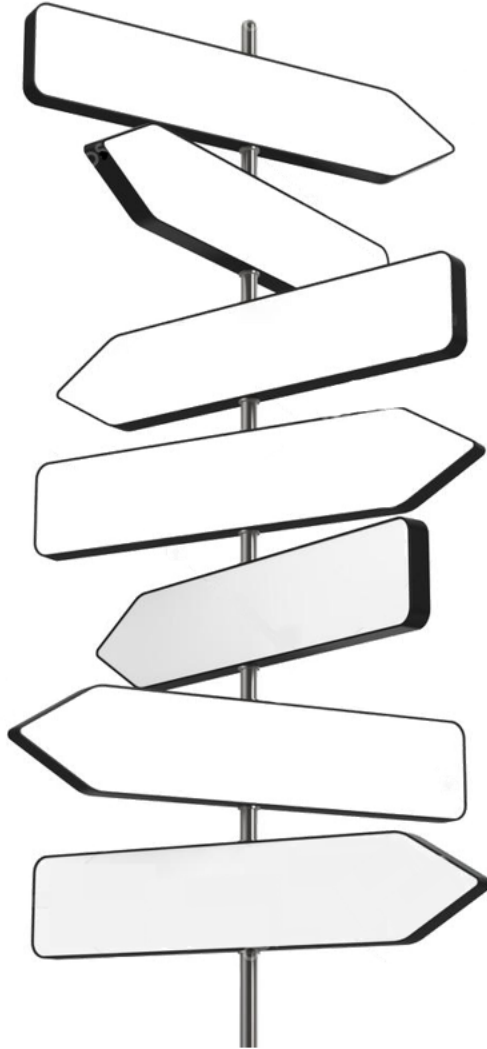
Don't assume will be aware of needs, or what could help

The Equality Act (2010) sets out a duty for employers to make reasonable adjustments for disabled employees so that they are not put at disadvantage

BACK PAIN AND WORK SUPPORTING PEOPLE'S JOURNEYS

- **DO NO HARM**
- **SHOW YOU CARE**
- **LISTEN AND LEARN**
- **DON'T ASSUME
TO KNOW**

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- **ASK AND EXPLORE**
- **OFFER SUPPORT,
NOT SOLUTIONS**
- **FOCUS ON WHAT MATTERS**
- **SHARE DECISIONS**



**STOP
THIEF**

**Arthritis steals from someone
you know every single day.**

Together, we can defy it.

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Join us at versusarthritis.org