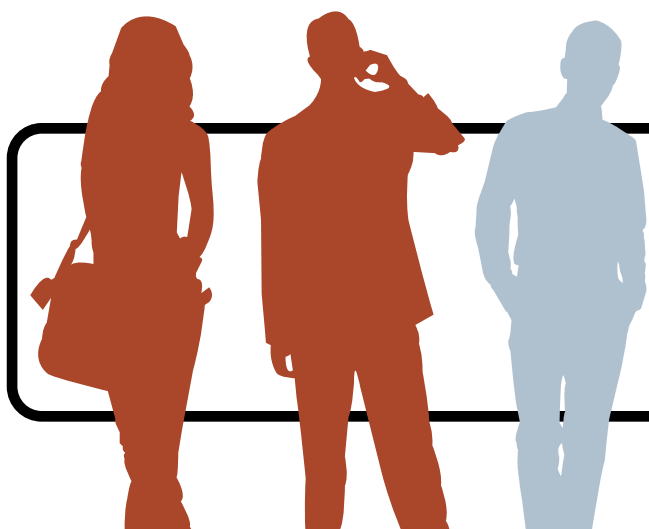


PAIN & PRODUCTIVITY

IN TODAY'S WORKPLACE



According to a new survey from the American Osteopathic Association (AOA), **2 in 3 office workers** have experienced pain in the last six months

Most common pain areas:

SHOULDER
38%

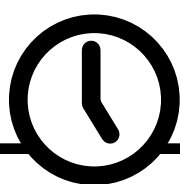
LOW BACK
63%

NECK
53%

WRIST
33%



WORKPLACE PAIN TRIGGERS



More than 70% of office workers spend **5+ hours** sitting at their desks each day



Over 2 in 5 would not consider getting up from their desk if they needed to talk to a colleague



Nearly all (94%) office workers can name work habits that boost their aches and pains:

- **Sitting for long periods of time (64%)**
- **Hunching over a desk (61%)**
- **Sitting in an uncomfortable chair (58%)**
- **Staring at a computer monitor (46%)**
- **Using a computer mouse (38%)**

OFFICE WORKERS CAN BREAK THROUGH THEIR PAIN

Many office workers are willing to try techniques to help prevent or ease their pain:

9 in 10 would be willing to do stretches or similar exercises during work



Learn how to prevent and relieve your pain with free tools and easy tips at www.osteopathic.org/pain



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The survey was conducted in March 2013 among 1,004 American office workers, ages 18+, who mostly work at a desk