

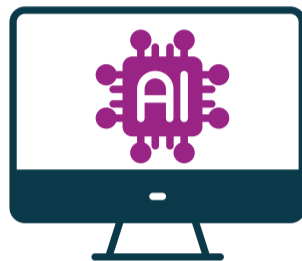
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facts about physiotherapy and workplace spine health



1

Technology is changing the prevention and management of workplace spinal injuries



Technological advancements that can help reduce injury risk and promote spinal health include:

- wearable devices and motion capture to identify predisposing factors for spinal injury
- artificial intelligence to identify patterns and forecast potential hazards
- machine learning tools to improve accuracy of risk assessments and enhance subsequent control measures.

3

Not every work-related back injury requires imaging

A scan is only required if there are signs that the source of the injury needs further investigation. For example, if there are:

- potential nerve injuries
- suspected fractures.



5

The work environment should be considered when looking for spinal red flags

A thorough assessment should consider environmental factors such as toxic and carcinogenic chemicals and particulates or pathogens that can cause spinal infection. Red flags include:

- progressive pain
- night pain
- prolonged morning stiffness
- weight loss
- neurological symptoms
- systemic illness.



2

Early return to work can accelerate lower back recovery



Taking time off work can affect a worker's physical and mental health. Return to work provides:

- an opportunity to stay active, allowing for early mobilisation and promoting recovery
- psychological benefits, including reducing depression and distress, increasing confidence and improving self-efficacy
- reduced risk of heart disease and other chronic conditions.

4

Psychological demands in the workplace can increase the risk of back pain

Psychological risk factors that contribute to back pain include:

- job insecurity
- lack of control over working conditions, including alternate/non-standard shifts or a hostile working environment
- imbalances between work and family life.



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