

AUGUST IS TRADIES NATIONAL HEALTH MONTH.



**TRADIES
NATIONAL
HEALTH
MONTH**



**AUSTRALIAN
PHYSIOTHERAPY
ASSOCIATION**

Did you know that:

- **90%** of tradies have experienced a work-related injury or issue in the past year.
- **76%** say their pain significantly impacts their quality of life.
- **42%** describe their pain as severe.
- **87%** medicate or self-medicate to manage their pain.

Two in three tradies worry about the long-term impacts of their injuries; many fear they will need to retire early due to work-related stress on their bodies.

Physiotherapy can be a game-changer providing:

- **Effective pain management:** Provides targeted pain relief and reduces the need for medication.
- **Prevention and recovery:** Helps prevent injuries and speeds up recovery from existing ones.
- **Improved mobility:** Enhances strength and flexibility, making daily tasks easier and safer.

What can you do?



If you know a tradie, urge them not to ignore minor pains.

If you are a tradie, scan the QR code or visit choose.physio/tradieshealth to find a physio and get a customised treatment plan.

CONTACT YOUR LOCAL PHYSIOTHERAPIST TODAY:



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