

# AUGUST IS TRADIES NATIONAL HEALTH MONTH.



## Did you know that:

- A recent survey found that majority of Australian tradies report experiencing workplace injuries, with **76%** highlighting that the pain associated with these injuries 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:



**TRADIES  
NATIONAL  
HEALTH  
MONTH**