

AUGUST IS TRADIES NATIONAL HEALTH MONTH.



**TRADIES
NATIONAL
HEALTH
MONTH**



**AUSTRALIAN
PHYSIOTHERAPY
ASSOCIATION**

Did you know that:

A recent study revealed the following challenges faced by tradies in the past year:

- **68%** commonly experience pain or discomfort in their back, neck or shoulders.
- **74%** say they experience frequent (weekly or greater) physical pain or discomfort as a result of their work.
- Only **10%** regularly see a physio to help prevent work-related pain or injury.

Physiotherapy can be a game-changer providing:

- **Prevent injuries:** Physiotherapists teach techniques to work safely and avoid common injuries.
- **Early intervention:** Addressing pain early helps prevent chronic issues and long-term complications.
- **Enhance quality of life:** By managing pain effectively, physiotherapy enables tradies to maintain their productivity and enjoy their daily activities.
- **Adapt with age:** Physiotherapists help tradies adjust their work habits as their bodies age, reducing the risk of injury and prolonging their careers.

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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