

# FACTS ABOUT NECK & BACK PAIN

At Physiodynamix we treat neck and back pain regularly.  
Please make an appointment to have one of our  
Physiotherapists assess and treat your neck or back pain.

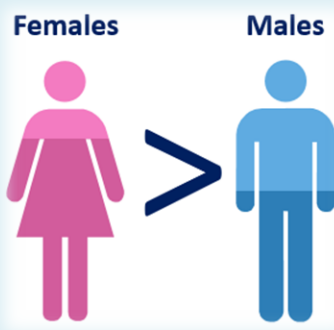
Telephone: 011 706 7433

**85% of NECK PAIN is caused due to mechanical problems with muscles, ligaments or joints**

**10%**

10% of individuals are suffering right now

Neck pain affects more **women** than men



**30-50%**

30 – 50% of the population are affected annually

11 – 14% of neck pain sufferers experience a limitation to activities as a result

**11 - 14%**

### Quick Facts:

- Sudden onset (or “acute”) neck pain is common, but often the exact cause is not clear.
- The neck (cervical spine) is comprised of 7 vertebrae (C1 – C7), as well as the muscles and ligaments that support the bony structures.
- The sides of the vertebrae are linked by small facet joints; and between each vertebra there is a disc (soft, gel-like inner).

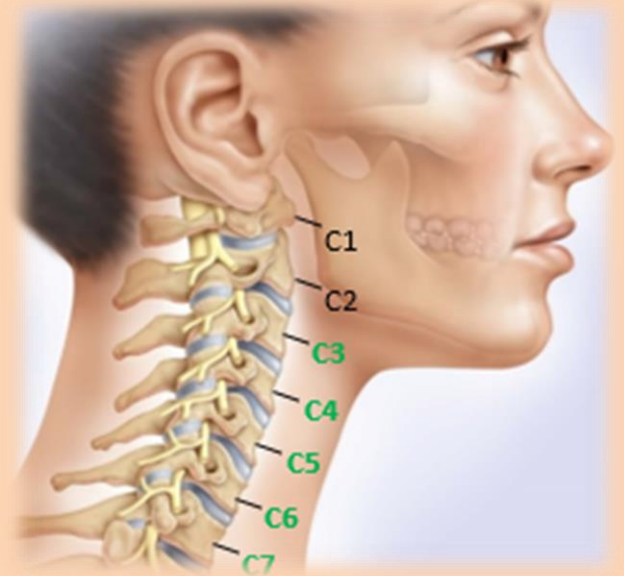
↑ Age = ↑ Incidence

Prevalence peaks in “middle age”

Chronic pain is worse first thing in morning

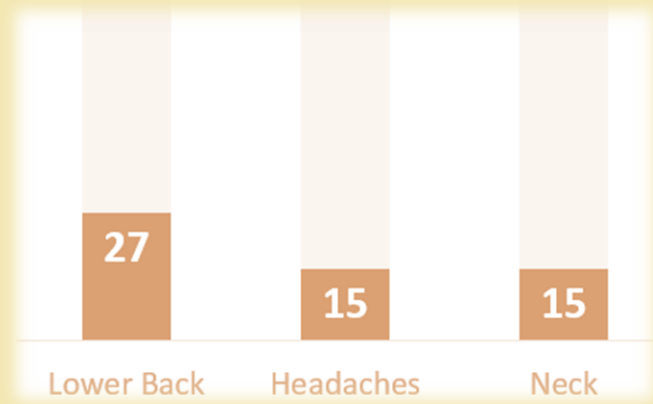
X-ray evidence of osteoarthritis in neck is present in **50%** of individuals **over the age of 50** – but there is good news! Even if your X-ray doesn’t look great **treatment can help**. **80%** of patients have X-rays that show major damage, but the individuals may remain symptom free.

**70%** of neck pain sufferers have long term relief/recovery after seeking medical treatment



## Lower Back Pain

Lower back pain is the most commonly reported source of pain (27%) followed by headaches (15%) and neck pain (15%)



**8 out of 10**

Individuals will experience back pain at some stage

**48%**

Of back pain sufferers rated physical therapy an ideal treatment

**54%**

Of those who experience back pain spend > 50% of the work-day sitting

**9 out of 10**

Cases are resolved in 6 weeks with treatment



If you are experiencing neck or back pain make an appointment **NOW** for an assessment and treatment with one of our experienced Physiotherapists

**011 706 7433**



www.physiodynamix.co.za