



The Bone & Joint Decade 2000-2010 PRESS RELEASE

The Bone & Joint Decade 2000-2010
www.bjdonline.org

Exercise Beats an Aching Back

World Spine Day is October 16

13 October 2007 | GOLD COAST (AUSTRALIA) – People who suffer from back pain can heave a sigh of relief now as researchers say that exercising—despite an aching back—is not only okay, but may be the key to a healthier one.

According to spine expert Professor Paul Hodges presenting at 2007 Bone and Joint Decade World Network Conference evidence suggests that targeted motor-control training – the right exercise for the right patient – is the most promising rehabilitation procedure, reducing symptoms of low back pain and, in many cases, preventing recurrence.

"Motor control intervention has led to large improvements in pain and function for patients with specific conditions, such as spondylolisthesis and pelvic girdle pain, as well as reducing the recurrence of pain for those suffering acute lower back pain," Professor Paul Hodges from the Centre of Clinical Research Excellence for the Spine at the University of Queensland, said.

"It is known to be one of the only interventions to be effective in management of chronic back pain, however, not all exercise is the same and not all patients are the same. The current challenge is to work out which treatments work for which individuals.

"Motor control exercise aims to improve the control and coordination of trunk muscles to prevent further pain and injury, and improve function. Another promising form of exercise involves progressive exercise, which encourages people to ignore pain and gradually increase their tolerance for activity. Both types of exercise have been shown to be effective, but not for all individuals," he said.

Low back pain is a condition that 70 to 80 percent of the adult population will experience at some point, and up to half of those suffering expect the pain episodes to be re-current. And the cost is measured in more than just pain: back pain is the leading specific musculoskeletal cause of health care expenditure, and is the most common reason for reduced activity and time off work with sick leave.

Doctors, researchers, non-government organisations, patients and government representatives from nearly 40 countries attended the 2007 BJD World Network Conference to discuss these escalating issues, and focused on improved treatment, diagnosis and ongoing management of bone and joint pain, as well as the social and economic impacts of disability.

"Bone and Joint Decade On the Move" is the motto of the BJD 2007 World Network Conference, which focuses on best standard of care for musculoskeletal pain – particularly of the back and neck, and promoting a cost-effective health economy. Chairman of the BJD Australian Network, Mr Ben Horgan said: "As the leading cause of time off work for sick leave, Back Pain is a costly issue and will be a crucial talking point during our Network Conference. Our Australian Network is working towards listing Back Pain within the National Health Priority and this meeting will play a fundamental role in moving this forward."

The Hon. Dr Michael Wooldridge, Minister for Health and Aged Care, endorsed the BJD on behalf of the Department of Health and Ageing and the Australian Government in 2001. To date, the United Nations-endorsed Bone and Joint Decade has the support of 61 governments around the world.

Professor Lars Lidgren, chairman of the Bone and Joint Decade, and head of the Department of Orthopaedics at the University of Lund in Sweden, said: "Our vision is a society where prevention, treatment and care of people with musculoskeletal disorders are of high standard and accessible around the world – our work is focused to this end. The commitment, support and action by the Australian Network as demonstrated here has made a significant contribution towards the mission of the Bone and Joint Decade globally as well as locally for the benefit of the Australian society and those affected by musculoskeletal disorders and their families."

Background

The Bone and Joint Decade 2000 – 2010 was launched in Geneva in January 2000 during a World Health Organization conference on "The Burden of Musculoskeletal Conditions at the Start of the New Millennium." Kofi Annan, secretary general of the United Nations, endorsed the Bone and Joint Decade on behalf of the United Nations. The driving force behind this initiative was the recognition among healthcare professionals and patient advocates of the significant impact and the growing burden of bone and joint disorders on society, healthcare systems and individuals, and that no single organisation alone could accomplish the desired benefits.

Prof Lars Lidgren said: "Musculoskeletal disorders are the leading cause of disability around the world, affecting one out of every four adults and accounting for 25% of the total cost of illness."

The Decade aims to build awareness of the burden of musculoskeletal conditions by educating the public and driving research and legislation which will lead to the improvement of care. The Bone and Joint Decade is a global initiative with localised national strategies and actions. Please see www.bidonline.org

Some facts:

In Australia, musculoskeletal disorders are

- The second most common cause of presentation to a general practitioner
- The third leading cause of health system expenditure with an estimated total cost of over \$3 billion AUS (1993-1994)
- Responsible for over 300,000 hospital admissions, 15 million medical services and 13 million prescriptions per annum

Worldwide

- One in every three women over age 50 will suffer a fracture caused by osteoporosis.
- Up to 80% of people will suffer from back pain during their lives and back pain is the second leading cause of work-place sick leave.
- Every 30 seconds someone in the world dies in a road traffic accident, and in the same time frame three others are severely injured.
- Road traffic accidents are the leading cause of death and disability for people under age 45.

- ENDS -

For more information or to arrange interviews, contact:

The Bone and Joint Decade

Ms Sara Martin

BJD Communications Manager

Email: smartin@skynet.be

Australia tel: 0405024910

International tel: +32 476 274 325

###