

the Stats on Back Pain

La-Z-Boy **exclusive research found:**

Doctors agree – **reclining can decrease back pain**

- 73% of doctors agree that sitting in a reclining position at home can decrease back pain
- 68% of doctors are likely to recommend reclining as a solution to patients' back pain
- 80% of doctors prefer patients to recline with their legs elevated up high and their backs partially or fully reclined

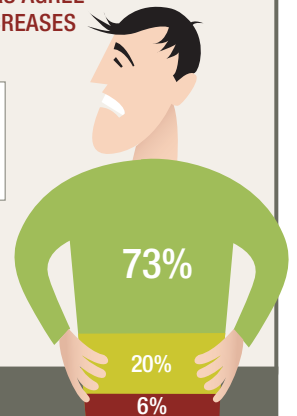
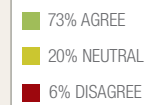
Reclining is most **beneficial for three types of back pain**

- According to doctors, sitting in a reclined position may most alleviate back pain caused by muscle strain (77%), degenerative changes (61%) and pregnancy-associated back pain (60%)

Many **doctors own reclining furniture**

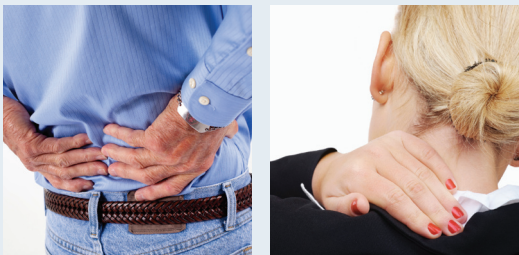
- 62% of doctors own reclining furniture at home (beyond their desk chairs).

**7 IN 10 DOCTORS AGREE
RECLINING DECREASES
BACK PAIN**



The La-Z-Boy Survey: We surveyed 300 primary care physicians across the U.S. from July 29-31, 2009.

what others are saying about back pain



for more information visit
la-z-boy.com/PrescriptionRecline

Professional Sources Cited:

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Many suffer from back pain

- Experts estimate that as much as **80%** of the population will experience a back problem at some time in their lives¹
- **31 million Americans** suffer from low back pain at any given time²
- **One-half of all working Americans** admit to having back pain symptoms each year¹

Consumers spend big to cure back pain

- Americans **spend at least \$50 billion each year on back pain** – and that's just for the more easily identified costs³
- "Health care expenditures for people with spinal problems have increased substantially – 65% since 1997. Within that, we found pharmaceutical expenditures have increased 171%," says research scientist Brook Martin, M.P.H., department of orthopedics and sports medicine, University of Washington, Seattle⁴
- An estimated **1.2 million spinal surgeries** are performed in the U.S. each year, and according to the National Center for Health Statistics, more than 300,000 of them are spinal fusions at an average cost of approximately \$60,000 each⁵

Back pain costs employers and professionals both time and money

- Companies see a **3.4% productivity loss** for even the healthiest employees, but that balloons to 24% for people who have a number of unhealthy behaviors⁶
 - Back pain, stress and depression were the three main drivers of lost productivity
 - Back pain accounted for 5.7 weeks of lost productivity each year
- Back pain is one of the **most common reasons for missed work**. In fact, it is the second most common reason for visits to the doctor's office, outnumbered only by upper-respiratory infections⁷

Low back pain often hurts overall health

- Adults with low back pain are **often in worse health physically and mentally** than people who do not have low back pain: 28% with low back pain report limited activity due to a chronic condition, compared to 10% of adults who do not have low back pain⁸
- Adults with low back pain also are three times as likely to be in fair or poor health and more than four times as likely to experience **serious psychological distress** as people without low back pain⁸