


# Back pain awareness

Working together with  fitBack®

## Back injuries can create big issues for employees and employers

Many of us will suffer from back pain at some point in our lives. It can come on with no warning, possibly because of an awkward lift or twist or trying to move something too heavy. It can also be the result of sedentary working and sitting still for too long.

As well as causing individuals pain and suffering, it can lead to lengthy time off work and have a big impact on businesses.

In 2020 more than **15%** of UK sick days were due to back pain, neck and upper limb problems as well as other musculoskeletal issues<sup>1</sup>, making it the **UK's third reason for sickness absence**. Back pain could also create risks for your business, such as:

- increased absenteeism
- lower productivity during recovery
- accidents.

<sup>1</sup>Office for National Statistics 'Sickness absence in the UK labour market 2020' Percentages of occurrences of sickness absence. Contains public sector information licensed under the Open Government Licence. v3.0 <https://www.ons.gov.uk/employmentandlabourmarket/peopleinwork/labourproductivity/articles/sicknessabsenceinthelabourmarket/2020>

## Back pain management and prevention

Businesses can benefit from learning about back pain and developing a strategy to deal with it, with the emphasis on prevention.

Arming employees with a **workable knowledge** of back pain management and self-help techniques could help them more **effectively manage** their conditions.

Through Aviva Group Income Protection and our trusted partner **FitBack**, you have access to a range of back pain prevention initiatives and workshops to help your employees understand the types of exercises and self management techniques which could make a real difference to their condition.

## Meet FitBack

**FitBack** is a specialist provider of occupational health physiotherapy services.

Its health and wellbeing initiatives help UK businesses tackle back pain and the management of musculoskeletal injuries. As well as running clinics on-site for businesses, FitBack has a 2,000-strong network of physiotherapists.

## Training options

### 1 Back pain awareness workshops (for up to 10 people)

**Half day** – three one-hour sessions

**Full day** – five one-hour sessions

An on-site interactive workshop that combines educational and best practice techniques to help individuals manage back pain in the workplace.

The sessions demonstrate practical and safe exercises to self manage long-term back problems as well as ways to help with acute problems. This will provide your business with the knowledge to help prevent back issues from occurring in the first place.

### 2 Other back pain activities and musculoskeletal solutions

- **One to one** 'speed physio' treatment and advice sessions for back pain and other musculoskeletal problems
- Deep soft tissue **massage sessions**
- **Telephonic / video assessments** – an alternative to on-site face to face training providing a quick solution to physiotherapy needs.

## Aviva workplace wellbeing

As well as these courses, Aviva's Group Income Protection provides access to many other wellbeing programmes, all of which can be tailored to your business's needs.

### Your business could benefit from:

- Increased productivity and engagement
- Reduced absenteeism and its associated costs
- Improved staff retention.

All Workplace Wellbeing Solutions are non contractual benefits Aviva can change or withdraw at any time.

### Find out more

Contact us at:

**wellbeingservices@aviva.com** and we'll get back to you to discuss your training needs, timescales and costs.

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