

# BACK ON TRACK: REDUCING LOW BACK PAIN AT WORK



Stanford  
University  
Study

## Remaining in a static position

for a prolonged period of time, such as sitting all day, may not be conducive to a healthy back.



Low back pain is the most common cause of job-related disability; associated estimated healthcare, lost income, and productivity costs are in excess of

**\$85 billion.**



## SIT-STAND MOVEMENT MAY REDUCE PAIN.

Study found a statistically significant reduction in reports of current low back, neck, and upper back pain.

## STANDING IMPROVES FOCUS.

Participants using the sit-stand workstations reported that their pain interfered less with general activity and ability to concentrate.

**78%** of participants using the sit-stand workstations reported a pain free day by the conclusion of the study.



An increase in comfort began being reported approximately 15 days after introducing a sit-stand workstation.

# MORE MOVEMENT = LESS PAIN