



Steven's Story

Persistent pains

Steven, a 47 year old Sales Representative, had been suffering with back pain for a number of years. Working in a sedentary role, Steven assumed this was normal. However the pain was becoming increasingly intense, and eventually reached the point where he was unable to freely move without experiencing extreme discomfort.

Steven decided the best course of action was to visit his GP. He was given medication, two weeks off work and advised to return if no improvements had been made. Two weeks passed and still the pain was causing serious distress, so Steven returned to his GP where he was given stronger medication and a further two weeks off work.

A worried employer

As it didn't seem any improvements were being made, Steven's boss decided to phone the Early Intervention Service (EIS) helpline. Details were taken and the EIS nurse was in direct contact with Steven later that day.

Steven explained the full extent of his problems and the nurse was able to advise some additional treatments that may speed up the recovery time. The nurse was also able to signpost Steven to some credible support websites and literature.

Returning to work

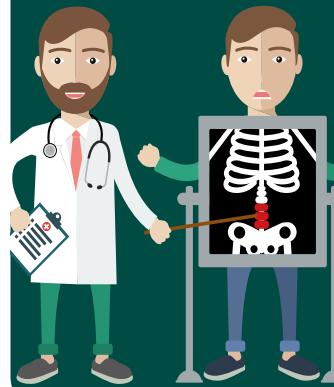
After discussions with Steven and his employer, a return to work plan was implemented. This was structured over a six week period and emphasised the importance of being active whilst ensuring safety and minimising any further risk to his back. After the phased return to work, Steven's condition had improved dramatically, and both he and his employer were able to continue as usual.

For more information, visit
www.canadalife.co.uk/group/earlyinterventionservice



40%
OF ALL
WORKING DAYS
LOST IN 2014/15
WERE DUE TO
MUSCULOSKELETAL
DISORDERS

www.hse.gov.uk/statistics/causdis/musculoskeletal/index.htm



80% BACK PAIN WILL AFFECT **80%** OF THE POPULATION AT SOME TIME DURING THEIR LIVES

90% **90% OF ACUTE BACK PAIN ISSUES ARE RESOLVED IN 6 WEEKS**

LESS THAN 1% **IN THE UK, LESS THAN 1% WILL REQUIRE SURGERY FOR BACK PAINS**

www.arthritisresearchuk.org/arthritis-information/conditions/back-pain/what-is-back-pain.aspx
www.backcare.org.uk/take-back-control/

5 ways to prevent back pain

- 1 Posture** – keep your feet flat when sitting at your desk and keep your back straight.
- 2 Lifting** – always lift and carry close to the body, bend your knees and make your legs do the work.
- 3 Sitting** – if you are using a keyboard make sure your forearms are horizontal and your elbows are at right angles.
- 4 Driving** – make sure your lower back is properly supported. If you are driving a long distance take regular breaks.
- 5 Sleeping** – make sure you have a good mattress that supports your weight well.



www.nhs.uk/Conditions/Back-pain/Pages/Prevention.aspx

Our forms are available to download from our website: www.canadalife.co.uk/group

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