

Supporting Employee Wellbeing and Productivity: An Early Intervention System for Back Pain

Work-related pain is a fact of life for a lot of us, whether in occupations involving physical activity or desk-based work. Organisations of all sizes have embraced distributed teams and remote working, and ensuring that employees always work in appropriately designed settings is hard. Back pain can happen to anyone at any time and take a toll at work.

Impact of Back Pain in the Workplace

11mn+

People in the UK affected by back pain issues^{1,2}

10mn+

Days at work lost due to back pain annually^{1,2}

£11bn+

Annual cost of back pain to the UK economy^{3,4}

£208

Cost of back pain per employee per year⁵

Musculoskeletal issues (including back pain) are the second most common cause of short-term absences, and the third most common cause of long-term absences⁶ - resulting in an average of 18.4 days at work lost per case per year.⁷

Helping Employees Deal With Back Pain

Reportedly, 75% of people suffer significant back pain regularly or semi-regularly, yet only 25% seek treatment.

In addition, 83% of organisations report presenteeism (working when unwell) as an issue affecting productivity.⁶

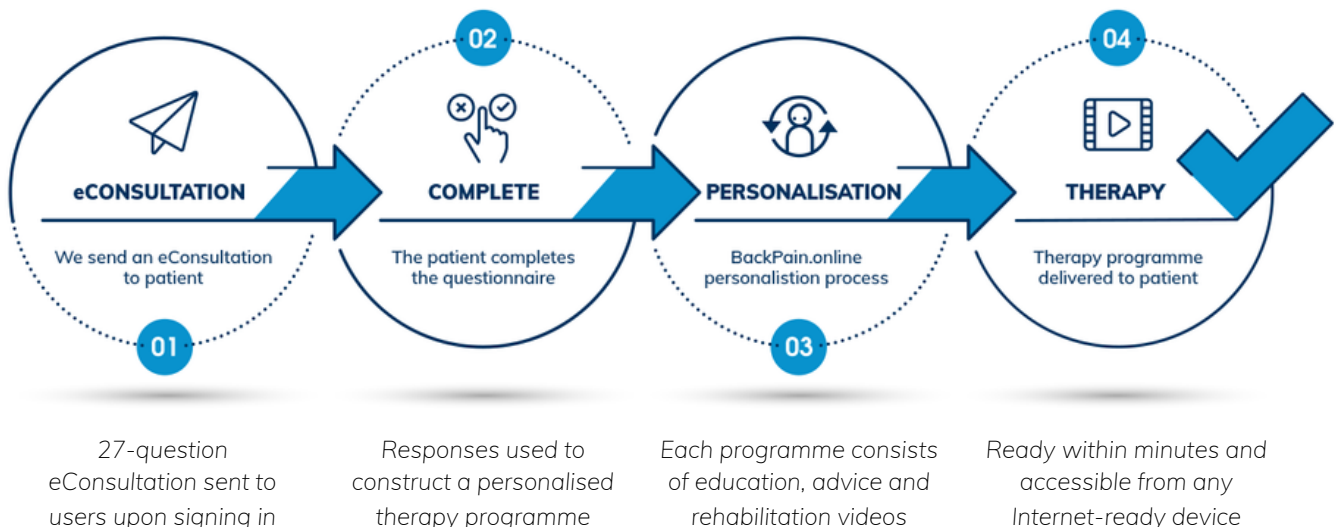
Helping employees manage back pain is an effective way to support team members working from home or in the office, in the field or on the shop floor. Healthy staff are happier and more productive.

Can this be achieved while minimising disruption and cost?

Our Solution

BackPain.online is a new personalised, digital treatment programme to assist people with back pain.

Early intervention is critical to managing back pain, for reducing both severity and the possibility of becoming chronic. Our treatment programmes follow the latest [NICE](#) guidelines for supporting those with back pain and associated issues.



BackPain.online treatment programmes can be delivered within or without existing corporate medical insurance schemes. We aim to offer a flexible, scalable addition to your wellness initiatives which is cost-effective from day one.

Benefits of the BackPain.online Approach

There are clear benefits of our approach of helping users chart their own journey through managing back pain:

FOR EMPLOYEES WITH BACK PAIN

- Access to swift, reliable triage
- Personalised advice, education and exercises for rehabilitation
- Prompt action reduces the duration of pain episodes and avoids developing chronic conditions
- Can be done at user's schedule
- Can be used alongside manual therapy
- User anonymity can be maintained

FOR ORGANISATIONS

- Broaden existing wellbeing initiatives, especially in the context of working from home
- Drive productivity by minimising the impact of a leading cause of time off work and of presenteeism
- Reduce costs - in terms of lower insurance premiums
- Enhance morale, increase engagement and strengthen organisational culture

Results Reported by Users

Our treatment programmes are designed to increase mobility and functionality, using the latest evidence-backed approaches. Most users experience their benefits within a short period of time.

AFTER 14 DAYS:

57%

of users say:

"I'm doing more than when I started, including at work and in general life"

44%

of users say:

"I feel I'm moving better having done the rehab I've seen in my programme"

26%

of users say:

"I'm sleeping better or waking up feeling better"

AFTER 30 DAYS:

64%

of users say:

"I'm more confident about managing my back pain now that I understand my back better"

3.6 / 10

points pain reduction

Users report an average pain scale reduction of 3.6 out of 10 points

Who We Are

BackPain.online has been developed by expert spinal clinicians with over twenty five years' experience of running clinical practices, including a number within corporate settings.

We excel in helping people manage back pain, especially by showing them how to help themselves when they're on their own.



To schedule a demo, contact us on enquiries@backpain.online today!

We can also offer additional bespoke features, such as producing content relevant to the working practices and associated hazards specific to your company or sector, offering one-on-one support, and more.

References:

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