

# Back on Track

## Reducing Lower Back Pain at Work



## MORE MOVEMENT = LESS PAIN

### Sit-stand movement may reduce pain

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

### Remaining in a static position

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

### 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.



### Costs exceed \$85 billion

Low back pain is the most common cause of job-related disability. Associated estimated healthcare and lost income and productivity costs are in excess of 85 billion dollars.



### Reduction in upper back pain

Study found a statistically significant reduction in reports of upper back pain. An increase in comfort was reported approximately 15 days after introducing sit-stand workstations.

Learn more about products to get you moving at work visit: [www.ergotron.com](http://www.ergotron.com)

"Impact of a Sit-Stand Workstation on Chronic Low Back Pain Results of a Randomized Trial," Journal of Occupational and Environmental Medicine (JOEM), Stanford University Study, 2016

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