

# WORLD SPINE DAY

**16 OCTOBER  
2017**



**YOUR BACK  
IN ACTION**

## **Get ‘Your Back in Action’ on World Spine Day**

As part of World Spine Day on 16 October, chiropractors in Western Australia are raising awareness of spinal disorders and encouraging patients take action to improve their spinal health.

World Spine Day is an initiative of the Global Alliance for Musculoskeletal Health (formerly Bone and Joint Decade) that aims to raise awareness about the serious impact of spinal disorders. This year the theme is ‘Your Back in Action’, emphasising the importance of healthy spinal posture and activity which promotes body awareness and minimises the day-to-day wear and tear on the spine. People and organisations from around the world are joining together to raise awareness regarding the prevention and effective management of spinal conditions.

World Spine Day is a great reminder to assess your spinal health and address any issues you may be facing. Poor lifestyle choices can cause stress on the spine and may result in back pain over time. Incorporating exercise into your daily routine and improving your posture can have a positive impact on your spinal health, overall well-being and general outlook on life.

The Chiropractors’ Association of Australia (CAA) has developed the Straighten Up app to help with improving posture and incorporating exercise into your daily routine. Download the Straighten Up (Australia) app from the App Store or Google Play to receive reminders and helpful tips on how to improve your spinal health.

If you wish to locate a Chiropractor in Western Australia – visit [Locate a Chiropractor at www.caawa.com.au](http://Locate a Chiropractor at www.caawa.com.au) and find out how a CAAWA Chiropractor may help you improve your spinal health.