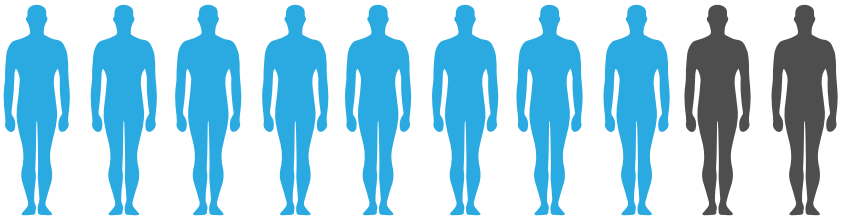
BACK PAIN STATISTICS



Approximately 8 out of 10 Americans will have back problems at some point during their lifetimes.

LOWER BACK PAIN ON THE RISE

The number of adults in America experiencing lower back pain in the last three months is on the rise, especially amongst over-65s.

BACK PROBLEMS MOST COMMON IN WOMEN THAN MEN

Nearly a third of female adults suffer from lower back pain, ompared to quarter of males.

30.2% WOMEN 26.4% MEN

HOW BACK PAIN IMPACTS EVERYDAY ACTIVITIES

DAILY TASKS	39%
EXERCISE	38%
SLEEP	37%

54%

More than half of Americans who experience low back pain spend the majority of their workday sitting.

50%

Approximately half of all pregnant women will have a significant complaint or backache.

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