

# Why work in pain?

If you have ever experienced back pain or injury you know it can be painful, debilitating and can even prevent you from earning a living. It can strike when you least expect it—bending to lift a load, twisting the wrong way or standing up after sitting in one position for a long period of time.

Back injuries in the workplace account for more than 25 per cent of all Alberta Workers' Compensation Board lost-time claims. These claims cost almost \$38 million.

When you experience back pain or injury, don't take it lying down—get help fast. See a chiropractor, experts in back pain and injury. The sooner you get treatment, the quicker you can get back on your feet and back to earning a living.



## Chiropractic...because life shouldn't hurt!

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Brought to you by Alberta's chiropractors

