

[IMAGE]

## Spending a Painful Day Off

By Editorial Staff

We all have our "story" when we don't show up at work on any given day; some more valid than others. After all, "My car broke down" or "I had to take my daughter to urgent care" generally come off much better than "I slept in and missed the bus" or "I lost my car keys." Now here's a truly valid reason for work absenteeism, and unfortunately, it's becoming more prevalent throughout the U.S.: chronic pain.

According to a recent study published in the peer-reviewed research journal *Spine*, workers suffering from chronic pain are more likely to be absent from work – and more likely to stay absent – compared to workers not suffering from chronic pain. In fact, among a study population of more than 8,000 workers, chronic pain sufferers were significantly more likely to be absent from work one or more days: 20 percent more likely if suffering from neck pain, and 22 percent more likely if suffering from low back pain or headache pain (migraines), respectively.

pain management - Copyright © Stock Photo / Register Mark The good news is there are natural solutions to all three of these common conditions, starting with chiropractic care, and research supports it. Talk to your chiropractor if you're suffering from pain, whether acute or chronic, before it gets so bad that you have to miss work. After all, you deserve to save your personal leave time for a well-deserved vacation, not to endure chronic pain.

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