

UPDATE

# Discoveries! IN THE Workplace

Exploring Employees' Options in Arthritis Management

Because not all workplace pain is arthritis related...

Now, in addition to arthritis pain, *Discoveries! In the Workplace* covers everyday pain in the workplace

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## Everyday pain takes a tremendous toll in the workplace

According to a Harris poll\* of ~1000 employees and 300 benefits managers, with national estimates calculated based on Bureau of Labor Statistics data:

- Everyday pain (headaches, backaches, menstrual cramps, etc) was responsible for keeping 14% of employees surveyed out of work for an average of 3 days a year<sup>1</sup>
- Extrapolated to the US workforce, pain is the cause of 25% of all lost workdays each year – or 50 million days in all<sup>1</sup>

\* Harris poll conducted in 1993, the last year for which such data are available.  
1. Hurley M. The high price of pain. *Business Week*. June 1996. Available at <http://www.businessandhealth.com>. Accessed September 13, 2007.

## Many conditions can cause pain in your employees

- Exercise or sports-related injuries (eg, ankle sprains, muscle aches)
  - With every weekend's activities, every trip to the gym, employees can bring pain back to the workplace
- Tension headaches
  - Affect up to 90% of adults<sup>2</sup>