



National Chiropractic Health Month 2011 Proclamation

WHEREAS, the use of technology such as personal computers, smart phones and other hand-held devices has rapidly increased over the past 20 years;

WHEREAS, such equipment can involve hours of sitting in the same place, holding the body in strained positions or using repetitive motions that lead to inflammation and pain;

WHEREAS, inactivity and poor posture can cause back pain; neck strain, which can lead to neck pain and headaches; and pain in other parts of the body;

WHEREAS, back pain is one of the most common reasons for visits to a physician and accounts for about \$50 billion in health care costs per year;

WHEREAS, repetitive stress injuries from texting and computer use are increasing, as well, and cause about 28 percent of the workforce to miss days on the job;

WHEREAS, musculoskeletal injuries in general are one of the biggest workplace health and safety problems in American industry today;

WHEREAS, Doctors of Chiropractic (DCs) are health care providers who focus on the whole person and have particular expertise in the prevention and care of musculoskeletal injuries;

WHEREAS, DCs are also experts in ergonomics and can teach those who use technology frequently how to prevent injuries such as back pain, neck pain and repetitive strains;

WHEREAS, National Chiropractic Health Month serves as a reminder to all [*insert name of state/city*] citizens of the importance of being “TechnoHealthy” by using technology safely and making time to rest, exercise and engage in other wellness-enhancing activities;

THEREFORE, BE IT RESOLVED that the [*state/city*] of [*insert name of state or city*] officially joins with the American Chiropractic Association (ACA) in proclaiming the month of October 2011 as **National Chiropractic Health Month**.

Signature _____
Date Proclaimed _____