

## From backache to arthritis: drug-free pain-relief that doesn't break the bank

Health and safety in the workplace has never been so stringent, as companies strive to minimise the risks that are inherent in any work space. From the employer's point of view, not only do they want a healthy and happy environment for their staff, but should an employee fall victim to any of the countless hazards they may face on a daily basis, the employer will ultimately be held responsible.

One of the most common work-related injuries is back pain. And despite all the precautions and procedures that are taken, 8 out of 10 people still experience some kind of back problem during their working lives. Although technology has helped alleviate much of the manual labour that has traditionally lead to back injuries, it may surprise some people to discover that one of the chief reasons for back pain is actually desk-based, with poor ergonomics the root cause.

Anybody who has ever suffered from any kind of back injury will verify how debilitating it really is, rendering many people completely immobile. So it's worth having a work-station assessment done to pre-empt any underlying issues. Most employers will be more than happy to arrange for such an assessment, and any proposed changes are likely to be no more than adjusting the height of a seat or investing in an ergonomic keyboard or riser for the computer monitor.

Furthermore, it's estimated that some 7 million adults in the UK have long-term health problems due to arthritis and other related conditions, and is the second most common reason for being absent from work in both men and women. Again, workers in certain occupations seem to have a higher risk of developing arthritis, particularly those who are in high-demand jobs such as assembly line workers or heavy construction.

Fortunately, with advances in medical science, such ailments are becoming increasingly more treatable without the need to resort to drugs. [TENS pain relief unit](#), for example, is an affordable, portable stimulating device that can help alleviate pain caused by arthritis, sports injuries, backache and a variety of other conditions. TENS stands for Transcutaneous Electrical Nerve Stimulation, and is a drug free method of pain relief. One of the most appealing aspects of the TENS machine is its portability, as it can be carried with ease and used anywhere and is operated by the user rather than a health professional.

The TENS stimulator aids the production of endorphins, which are natural pain-relieving hormones and furthermore, unlike many pain-relieving drugs, the TENS pain relief system isn't addictive. And with Christmas on the way, it would seem this would be the perfect present for those loved ones who suffer from such crippling ailments, ensuring a happy festive period for the whole family.

So, even with improved attitudes towards health and safety in the workplace, many people still suffer from back and joint injuries, often through work-related activity. But with the advancement of affordable, non-drug pain-relief treatment such as TENS, many people are still able to live relatively normal lives.

### About the Author

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