



**MEDIA RELEASE: 9 June 2026**

## **Australian Men's Back Pain and the Workplace: A Silent Burden Driving a Growing Mental Health Crisis**

*National Spinal Health Month: Week 2: 8–14 June 2026*

*A Healthy Spine Supports A Healthy Mind*

Today, in the lead-up to National Men's Health Week (15-21 June), the Australian Chiropractors Association (ACA) revealed that a significantly high number of Australian men are experiencing severe back pain that's going unrecognised, with working-age men carrying an escalating mental health toll as a result.

New data obtained from the *2026 Spinal Health Survey*, an independent national survey of 1,040 Australian adults by Pureprofile in May 2026, revealed 87.5% of Australian men reported suffering back pain in the last 12 months, with the impact on their mental health peaking sharply during their working decades.

Dr Billy Chow, ACA President said, "The survey revealed that 57.0% of men aged 31–40 reported moderate-to-extreme mental health impact from back pain - the highest mental health burden of any male age group and higher than women in the same age group (54.8%).

"With the coexistence of back pain and mental health conditions associated with impaired quality of life, the rising high level of back pain burden carried by Australian men can increase the risk of developing chronic back pain conditions impacting men's mental health while increasing the financial burden on sufferers and the economy," said Dr Chow.

"Of concern, is that despite the large number of men experiencing back pain, the survey showed that men are less likely to seek professional care; are more likely to self-manage with over-the-counter (OTC) medications; and are significantly less likely to discuss the mental health consequences," he said.

The link between back pain and depression is well documented in research studies including a study by the International Association for the Study of Pain (2021) that found people living with chronic back pain are at heightened risk of experiencing mental health problems.

"47.8% of men reported suffering back pain although they'd never sought a formal medical diagnosis, with men's GP consultation rates falling -21.9% between 2024 and 2026 (three times the rate of decline among women (-7.5%)) increasing the risks to men's ongoing physical and mental health," he said.

"When chronic back pain leads to psychological and social problems, depressive symptoms can worsen back pain and increase the disability associated with the condition; which in turn can exacerbate back pain's negative impact on the mental health of sufferers," he said.

"This vicious cycle, where back pain triggers a mental health problem that leads to the original back problem worsening can continue accelerating unabated in the absence of interventions to break the pain cycle, while the costs of musculoskeletal disorders (MSDs), including back pain, to the Australian economy continues increasing," Dr Chow said.

6.1 million Australians are already affected by MSDs, of which 58% are of working age in their peak income-earning years (25-64 years) with the annual cost to the Australian economy \$55.1 billion including direct health costs, lost productivity and reduced quality of life (Deloitte).

According to a Deloitte Access Economics report, the rising cost of MSDs in Australia presents a strong case for a proactive, strategic response to MSD management (including back pain), with the findings of the 2026 Spinal Health Survey supporting Deloitte's results.

The survey found that the impact of back pain on working Australians was significant, with 92.9% of employed Australians having experienced back pain and one in five (21.7%) reporting impaired workplace productivity as a result.

Among peak working-age (25–60yrs) Australians who reported low back pain, 28.5% said in the past 12 months they required time off work or were no longer able to work due to their back pain.

Physical workers who lift carry the highest clinical burden with 49.4% reporting chronic pain and 55.5% having a moderate-to-extreme mental health impact as a result - the highest of any workplace activity type.

Construction and trades recorded the highest burden by industry. With hands-on trades having the highest concentration of male workers (98-99%), and 88% of construction workers being men, 60.0% of back pain sufferers working in these sectors reported having chronic back pain and 64.0% reported moderate-to-extreme mental health impact.

44.0% of all male back pain sufferers experienced chronic back pain (pain persisting for 12 weeks or more). Unsurprisingly, workers who 'stand' recorded the highest chronic pain rate at 55.4% - 11.1 percentage points (pp) more than average. Shift workers also showed 5.7pp more chronic pain than day workers and 3.7pp greater mental health impact than day workers.

However, with 75% of employed Australians suffering back pain performing computer or desk work, the most commonly reported work-related triggers for back pain were desk work (26.4%), computer use (22.7%), poor ergonomics (12.3%) and workplace injury (7.9%). Employed respondents reported 44.8% chronic pain rate with 44.6% experiencing moderate-to-extreme mental health impact.

Research by Monash University's School of Public Health and Preventive Medicine (August 2025) has projected that if we fail to tackle common back pain through promoting advice to stay active and receive appropriate care, by 2033, 3.2 million working-age Australians will be living with chronic back pain, leading to a loss of approximately 4.6 per cent to Australia's gross Domestic Product over a 10-year period.

With back pain posing a major public health burden affecting millions of sufferers across Australia, long-term chronic back disorders are projected to cost the Australian economy an estimated \$638 billion in lost productivity over the next decade.

The ACA member survey of 110 chiropractors reinforces these findings. 47% of chiropractors have back pain patients on workers' compensation leave with financial constraints cited as the single biggest clinical challenge by 50% of practitioners.

"Preventing back pain should be treated as a workplace health and safety priority by every industry including those that fall into the low-risk industries to minimise the consequences of untreated back pain on workers' physical and mental health while minimising workers' compensation claims, sick leave and reduced workforce participation and productivity," said Dr Chow.

During Week 2 of National Spinal Health Month (8–14 June), the ACA is encouraging workplaces, employers and working-age Australians to assess their spinal health habits, understand the triggers and access a range of free resources at [www.spinalhealth.org.au](http://www.spinalhealth.org.au) to improve the spinal health and overall wellbeing of the Australian workforce.

– ENDS –

**INTERVIEW REQUESTS:** Insight Communications: Alice Collins - 0414 686 091

Clare Collins - 0414 821 957 or Email: [ACA@insightcommunications.net.au](mailto:ACA@insightcommunications.net.au)

**IMAGES, VISION OR GRAPHICS, DATA, VISIT MEDIA CENTRE:** <https://bit.ly/SHM26-Media>

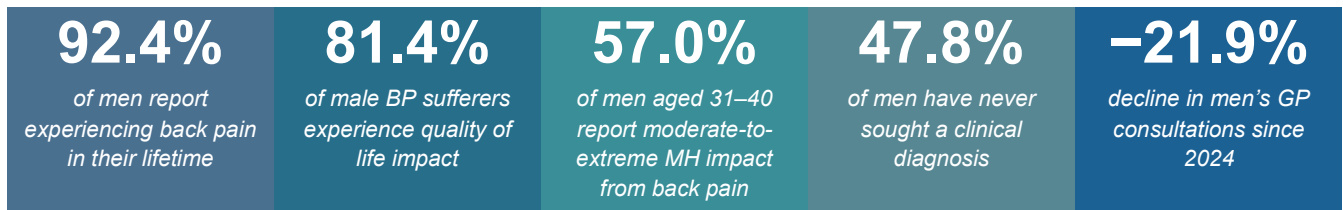


# JOURNALIST NOTES

## AUSTRALIAN MEN'S BACK PAIN AND THE WORKPLACE - DATA AND BACKGROUND

1. National Independent Consumer Survey | n=1,040 Australian adults | Pureprofile, May 2026
2. National Member Survey | n=110 Members – 75% with 11+ Years clinical experience | ACA, May 2026

Download complete report for comprehensive data and analysis: <https://bit.ly/Back-Pain-Australia-2026>



### THE HEALTH BURDEN OF AUSTRALIAN MEN'S BACK PAIN & THE MENTAL HEALTH IMPACT

- ⦿ **92.4% of Australian men report back pain in their lifetime.**
- ⦿ Despite this near-universal prevalence, 47.8% of men with back pain have never sought a formal medical diagnosis.
- ⦿ Among men aged 31–40, 57.0% report moderate-to-extreme mental health impact from their back pain - higher than women in the same age group (54.8%), and the highest MH burden of any male age cohort. Three in four men in this bracket experience at least some psychological effect.
- ⦿ Despite their high mental health burden, men are far less likely than women to acknowledge or seek help for the psychological consequences of their back pain.
- ⦿ Men's GP consultation rate for back pain fell -21.9% between 2024 and 2026 - nearly three times the rate of decline among women (-7.5%)
- ⦿ Men's OTC pain medication use rose slightly over the same period. The gap between declining professional consultation and persistent or rising medication use suggests men are increasingly self-managing a condition that warrants clinical care.
- ⦿ 29.2% of men reported experiencing quality of life impacts "often or always" from back pain
- ⦿ 41.6% of male back pain sufferers reported experiencing chronic low back pain – up from 33.2% in 2024.
- ⦿ 24.3% of male back pain sufferers reported experiencing difficulty concentrating due to back pain.
- ⦿ 81.4% of male back pain sufferers reported any quality-of-life disruption.

### BACK PAIN IN THE WORKPLACE: THE ECONOMIC AND HUMAN COST

- ⦿ **92.9% of employed Australians have experienced back pain.**
- ⦿ Back pain is not an incidental health issue in the workplace - it is the norm.
- ⦿ Among peak working-age Australians (25–60) with low back pain, 28.5% required time off work or are no longer able to work due to their back pain in the past 12 months.
- ⦿ **One in five (21.7%) report impaired workplace productivity.**
- ⦿ Musculoskeletal disorders cost the Australian economy \$55.1 billion annually (Deloitte Access Economics) in direct healthcare costs, lost productivity and reduced quality of life. 58% of those affected are in peak income-earning years (25–64).
- ⦿ A 2025 study from Monash University has revealed that long-term back problems will cost the Australian economy an **estimated \$638 billion in lost productivity** over the next decade unless action is taken.
- ⦿ **Employed back pain sufferers carry a higher mental health burden than the general population:** 49.7% of workers report moderate-to-extreme MH impact, +5.8 percentage points the national average.
- ⦿ **Physical workers who lift**, carry the highest clinical burden: 49.4% chronic pain and 55.5% moderate-to-extreme MH impact - the highest of any workplace activity type.
- ⦿ **Standing workers record the highest chronic pain rate** at 55.4%. Shift workers show 5.7pp more chronic pain and 3.7pp more MH impact than day workers.
- ⦿ **Construction and Trades** is the highest-burden industry, with 60.0% of back pain sufferers in this sector having chronic pain and 64.0% reporting moderate-to-extreme mental health impact.
- ⦿ **Desk workers** are not immune: 75% of employed Australians with back pain perform computer or desk work, with a 44.8% chronic pain rate and 44.6% moderate-to-extreme MH impact.
- ⦿ **The most commonly cited work-related causes of back pain** are desk work (26.4%), computer use (22.7%), poor ergonomics (12.3%) and workplace injury (7.9%).

## HEALTHCARE PROFESSIONAL ATTENDANCE

- ⊙ Among BP sufferers who sought professional care, GPs were the most commonly consulted practitioner (**41.5%**), followed by physiotherapists (**26.9%**), exercise physiologists (**12.0%**), remedial massage therapists (**11.5%**) and chiropractors (**21.6%**).
- ⊙ **22.7%** of back pain sufferers (one in five) did not consult any healthcare professional for their condition.
- ⊙ Every professional discipline with comparable 2024 data recorded a decline in consultation between 2024 and 2026: GP **-14.4%**, physiotherapy **-23.1%**, chiropractic **-19.4%**, orthopaedic specialist **-32.6%**, emergency department **-27.3%**.
- ⊙ The gender disparity in GP attendance is marked: men's GP visits fell **-21.9%** between 2024 and 2026, compared with **-7.5%** for women. Physiotherapy declined similarly for both genders (approximately **-23%**).

## MENTAL HEALTH IMPACT OF BACK PAIN

- ⊙ **66.4%** of back pain sufferers report some level of mental health impact; **43.9%** report a moderate, significant or extreme impact.
  - Back pain in lifetime – Mental Health Impact**
    - **Men:** 41.9% moderate, significant or extreme impact | 65.5% any impact on mental health
    - **Women:** 45.9% moderate, significant or extreme impact | 67.2% any impact on mental health
    - **Seniors:** 30.3% moderate, significant or extreme impact | 53.3 any impact on mental health
  - Back pain in last 12 months – Mental Health Impact**
    - **Men:** 44.2% moderate, significant or extreme impact | 69.2% any impact on mental health
    - **Women:** 47.6% moderate, significant or extreme impact | 69.7% any impact on mental health
    - **Seniors:** 31.7% moderate, significant or extreme impact | 55.8% any impact on mental health
- ⊙ **80.9%** experience at least some quality-of-life disruption; **29.1%** report their quality of life is affected often or always.
- ⊙ **72.4%** experience some degree of mental fatigue; **26.1%** experience it often or always.
- ⊙ **49.7%** say managing back pain adds to their day-to-day mental burden.
- ⊙ Year-on-year changes (2024–2026): difficulty concentrating **+6.7pp**, reduced mobility **+5.3pp**, mental exhaustion **+4.3pp**, MH and wellbeing impact **+3.0pp**.
- ⊙ Active sufferers (last 12m): MH moderate+ rises to **45.9%**, mental fatigue often/always to **27.3%**, daily mental load to **52.0%**.

## ACA MEMBER – BACK PAIN PRESENTATIONS IN CLINICAL PRACTICE DATA

- ⊙ 74% of chiropractors estimate 26%+ of their back pain patients experience poor mental health or increased stress from back pain.
- ⊙ For female patients specifically, 54% of chiropractors see the majority (51%+) affected.

## PREVALENCE AND MENTAL HEALTH AMONG EMPLOYED AUSTRALIANS

- ⊙ 62.0% of all survey respondents are employed. Of these, **92.9%** report experiencing back pain during their lifetime - slightly above the 91.2% national average - and **89.8%** experienced back pain in the last 12 months.
- ⊙ **Workers with back pain report higher mental health impact than the general back pain population: 49.7% of employed workers** report moderate-to-extreme MH impact, compared with 43.9% nationally - a **5.8pp** (13.2% relative) elevation. This applies to both women workers (**51.5%**) and men workers (**48.3%**).
- ⊙ 72.6% of workers with back pain report any level of mental health impact - **6.2pp above** the national back pain average of 66.4%.
- ⊙ Among those aged 25–60 in peak income-earning years, **92.2%** have back pain. This group also carries the highest worker MH burden, with **49.1%** reporting moderate-to-extreme impact.

## WORKERS' COMPENSATION

- ⊙ **21.0%** of employed workers with back pain have filed at least one workers compensation claim. Across all back pain sufferers, **15.9%** have lodged a WC claim.
- ⊙ Low back pain is the most commonly compensated condition: **11.8%** of all back pain sufferers have an LBP workers compensation claim, of which **31.2%** were classified as serious injuries.

## PRODUCTIVITY AND CAPACITY IMPACTS

- Among peak working-age Australians (25–60) with low back pain, in the last 12 months **28.5%** required time off work or are no longer able to work due to their back pain.
- **21.7%** of workers with back pain report that their productivity has been impacted; **14.5%** report impaired ability to work. **40.4%** say back pain impacts their work sometimes or more.
- **6.8%** of employed workers with back pain have changed profession as a result; **4.0%** have stopped working permanently.
- Musculoskeletal disorders, led by back pain, affect **6.1 million Australians** and cost the economy **\$55.1 billion annually** (Deloitte) in healthcare, lost productivity and reduced quality of life. **58%** of those affected are in peak working years (25–64).

## WORK ENVIRONMENT AND TRIGGERS

- **75%** of workers with back pain involve computer or desk work in their role. This group records a **44.8% chronic pain rate** and **44.6% MH moderate+** impact.
- Physical workers who lift carry a **49.4% chronic pain rate** and **55.5% MH moderate+** - among the highest of all activity types. Standing work records the highest chronic rate at **55.4%**.
- Shift workers show measurably worse outcomes than day workers: **5.7pp higher** chronic pain and **3.7pp higher** MH impact. Workers in mixed shift/day roles fare worst on both measures.
- Work-related causes of back pain cited by respondents: desk work (**26.4%**), computer use at work (**22.7%**), poor ergonomics or workstation setup (**12.3%**), workplace injury (**7.9%**).

## ACA MEMBERS: BACK PAIN PRESENTATIONS IN CLINICAL PRACTICE DATA

- 47% of chiropractors have back pain patients on workers compensation leave, with Construction & Trades the highest-burden industry (64.0% MH moderate+, 60.0% chronic pain among BP sufferers).
- Financial constraints are cited as the single biggest clinical challenge by 50% of chiropractors - directly affecting their capacity to deliver timely care to injured workers.

## PAIN MEDICATION USE: PATTERNS AND CLINICAL EVIDENCE

- **85.0%** of low back pain sufferers use over-the-counter pain medication - up from 81.0% in 2024. **10.8%** use it daily. **60.9%** use prescription medication; **8.8%** daily.
- **37.9%** use OTC medication weekly or more; one in four (**27.7%**) use prescription medication at the same rate.
- Seniors report the highest daily rates: **15.7%** OTC daily, **14.7%** prescription daily.
- The University of Sydney's OPAL trial (**The Lancet, 2023**) found paracetamol no more effective than placebo for low back pain. The **WHO's 2023 guidelines** recommend non-pharmacological approaches and advise against routine medication as a primary or long-term response.
- **ACA MEMBER – BACK PAIN PRESENTATIONS IN CLINICAL PRACTICE DATA:**
  - Over-reliance on passive treatments is identified as a clinical challenge by 26% of chiropractors.
  - Exercise rehabilitation (72%) and ergonomic assessment (67%) are among the most widely used treatment modalities.

## COMPARATIVE BACK PAIN & MENTAL HEALTH SUMMARY: WOMEN, MEN & SENIORS

The following tables provide a consolidated comparison of key mental health and impact metrics across all three population groups: the raw number of back pain sufferers who reported that outcome; the percentage of back pain sufferers within the group.

*Note: n counts in Tables A and B are identical across all metrics. The 42 respondents with back pain in lifetime but no back pain in the last 12 months (i.e. their pain has resolved) recorded zero responses across all measures, consistent with recovery. The higher percentages in Part B reflect the smaller denominator: Part A expresses outcomes as a proportion of all BP lifetime sufferers (n=948), while Part B expresses the same outcomes as a proportion of those with active BP in the last 12 months (n=906). %All = percentage of all survey respondents (n=1,040). Metrics use 4 back conditions (LBP, Mid, Upper, Non-specific back pain).*

**Table A - Back Pain Sufferers: During Lifetime (Low, Mid, Upper, Non Specific)**

Metric	ALL BP (n=948)			WOMEN (n=475)			MEN (n=473)			SENIORS (n=261)		
	n	%BP	%All	n	%BP	%All	n	%BP	%All	n	%BP	%All
<b>% of all 1040 Respondents</b>	948		91.2%	475		90.0%	473		92.4%			
<b>MENTAL HEALTH IMPACT</b>												
<b>Moderate to Extreme impact</b>	416	43.9%	40%	218	45.9%	41.3%	198	41.9%	38.7%	79	30.3%	26.4%
<i>Any level of impact (incl. slight)</i>	629	66.4%	60.5%	319	67.2%	60.4%	310	65.5%	60.5%	139	53.3%	46.5%
<b>CHRONIC PAIN</b>												
<b>Chronic pain (3+ months)</b>	418	44.1%	40.2%	221	46.5%	41.9%	197	41.6%	38.5%	126	48.3%	42.1%
<b>QUALITY OF LIFE</b>												
<b>Often / Always impacted</b>	276	29.1%	26.5%	138	29.1%	26.1%	138	29.2%	27%	75	28.7%	25.1%
<i>Any level of impact</i>	767	80.9%	73.8%	382	80.4%	72.3%	385	81.4%	75.2%	217	83.1%	72.6%
<b>MENTAL FATIGUE</b>												
<b>Often / Always</b>	247	26.1%	23.8%	131	27.6%	24.8%	116	24.5%	22.7%	49	18.8%	16.4%
<i>Any level (incl. rarely / sometimes)</i>	686	72.4%	66%	354	74.5%	67%	332	70.2%	64.8%	169	64.8%	56.5%
<b>MENTAL LOAD</b>												
<b>Adds to mental load</b>	471	49.7%	45.3%	251	52.8%	47.5%	220	46.5%	43%	100	38.3%	33.4%
<b>LIFE IMPACTS</b>												
<b>Struggled with depression / anxiety</b>	97	10.2%	9.3%	53	11.2%	10%	44	9.3%	8.6%	32	12.3%	10.7%
<b>Less physically mobile</b>	240	25.3%	23.1%	118	24.8%	22.3%	122	25.8%	23.8%	111	42.5%	37.1%
<b>Difficulty concentrating</b>	215	22.7%	20.7%	100	21.1%	18.9%	115	24.3%	22.5%	39	14.9%	13%
<b>Mental exhaustion</b>	145	15.3%	13.9%	91	19.2%	17.2%	54	11.4%	10.5%	30	11.5%	10%

**Table B - Back Pain Sufferers: Last 12 Months (Low, Mid, Upper, Non Specific)**

Metric	ALL BP (n=906)			WOMEN (n=458)			MEN (n=448)			SENIORS (n=249)		
	n	%BP	%All	n	%BP	%All	n	%BP	%All	n	%BP	%All
<b>% of all respondents</b>	906		87.1%	458		86.7%	448		87.5%			
<b>MENTAL HEALTH IMPACT</b>												
<b>Moderate to Extreme impact</b>	416	45.9%	40%	218	47.6%	41.3%	198	44.2%	38.7%	79	31.7%	26.4%
<i>Any level of impact (incl. slight)</i>	629	69.4%	60.5%	319	69.7%	60.4%	310	69.2%	60.5%	139	55.8%	46.5%
<b>CHRONIC PAIN</b>												
<b>Chronic pain (3+ months)</b>	418	46.1%	40.2%	221	48.3%	41.9%	197	44%	38.5%	126	50.6%	42.1%
<b>QUALITY OF LIFE</b>												
<b>Often / Always impacted</b>	276	30.5%	26.5%	138	30.1%	26.1%	138	30.8%	27%	75	30.1%	25.1%
<i>Any level of impact</i>	767	84.7%	73.8%	382	83.4%	72.3%	385	85.9%	75.2%	217	87.1%	72.6%
<b>MENTAL FATIGUE</b>												
<b>Often / Always</b>	247	27.3%	23.8%	131	28.6%	24.8%	116	25.9%	22.7%	49	19.7%	16.4%
<i>Any level (incl. rarely / sometimes)</i>	686	75.7%	66%	354	77.3%	67%	332	74.1%	64.8%	169	67.9%	56.5%
<b>MENTAL LOAD</b>												
<b>Adds to mental load</b>	471	52%	45.3%	251	54.8%	47.5%	220	49.1%	43%	100	40.2%	33.4%
<b>LIFE IMPACTS</b>												
<b>Struggled with depression / anxiety</b>	97	10.7%	9.3%	53	11.6%	10%	44	9.8%	8.6%	32	12.9%	10.7%
<b>Less physically mobile</b>	240	26.5%	23.1%	118	25.8%	22.3%	122	27.2%	23.8%	111	44.6%	37.1%
<b>Difficulty concentrating</b>	215	23.7%	20.7%	100	21.8%	18.9%	115	25.7%	22.5%	39	15.7%	13%
<b>Mental exhaustion</b>	145	16%	13.9%	91	19.9%	17.2%	54	12.1%	10.5%	30	12%	10%

### **Dr Billy Chow – President, Australian Chiropractors Association – National & South Australia**

Dr Billy Chow, President of the Australian Chiropractors Association, graduated as a chiropractor from RMIT University in 1998. Since graduating, he has built a varied career in private practice, on boards, and in business. Dr Chow is passionate about educating and inspiring people to make better choices and live healthier lives. He serves as a Lecturer and ACC Program Coordinator (Diploma) at the Australian Chiropractic College, Adelaide, and runs a healthcare business consultancy providing practitioners with personalised business support and mentorship.

### **Dr David Cahill – Vice President, National & Victoria**

ACA Vice President, Dr David Cahill has been a registered, practicing chiropractor since 1991, in the Malvern East area of Melbourne since 1998. He loves helping people of all ages, from newborn babies and toddlers to those in their more senior years. David is very active in post-graduate education, continually upskilling in many aspects of chiropractic. David's passion is to help people have transformative experiences and help the chiropractic profession advance its standing in the Australian community.

### **Dr Damian Kristof – National & Victoria**

Nutritionist, Naturopath and Chiropractor, Dr Damian Kristof is a highly sought-after presenter and speaker in the Wellness industry. With 30 years of experience, Damian's in-depth knowledge of the body, nervous system, food functions and responses coupled with his friendly and dynamic presenting style, has him in high demand. Focusing on food as key to unlocking optimal health and wellness, Damian presents in-depth facts and concepts that have never been readily available to the public - offering all audiences from industry experts to the general public highly valuable content as he engages, educates and inspires audiences across the globe.

### **Dr Kim Lie Jom – National & NSW**

Dr Kim Lie Jom has been a registered and practicing chiropractor in NSW for 35 years. His commitment to the wellbeing of his patients extends beyond chiropractic adjustments, as he understands the importance of holistic health for every individual. With a family of three kids of his own, he truly comprehends the value of family wellness. As a respected community leader, Dr Jom has become an integral part of the local community. His reputation extends not only for his exceptional chiropractic skills but also for his dedication to community service. He is a Board Director and proud member of the Australian Chiropractors Association (ACA), showcasing his commitment to the highest standards of professional practice. His involvement in the ACA goes beyond membership, he currently holds several key positions within the organisation, including Public Education, Audit and Risk, the Eastern Regional Committee. He is a dedicated member of the Australian Spinal Research Foundation (ASRF), demonstrating his commitment to advancing chiropractic knowledge and contributing to research in the field. Dr Jom's prominence in the chiropractic community is exemplified by his passion, dedication, and leadership in promoting health and wellbeing for individuals and families.

### **Dr Michelle Ronan – Victoria**

Michelle has been a registered chiropractor since graduating from RMIT in 2005 and has practiced in the Albert Park area since 2010. Michelle's passion lies in helping people's bodies perform better to allow them to get more out of life, whether that be to enhance sports performance, rehabilitation of chronic conditions, during pregnancy, or to support general health and wellbeing. Michelle loves helping people of all ages and stages of life on their health journey. Michelle previously sat on the Victorian branch of the CAA (now the Australian Chiropractors Association) and is currently completing a Master's through RMIT.

### **Dr Ashley Dent – Tasmania**

Dr Dent graduated from Macquarie University in Sydney in 2010, where he received the Ed Devereaux Award for Services to the Student Body. He is actively involved with the Australian Chiropractors Association (ACA) at both state and national levels, currently chairing the Public Engagement Committee and contributing to two other committees. In 2023, he was recognised with a Meritorious Service Award from the ACA. Dr Dent has a keen passion for helping people improve their long-standing (chronic) back and neck pain and then progressing their spinal health through exercise and rehabilitation so that they are stronger and healthier than they've ever been.

### **Dr Adam Smith – Queensland**

Dr Adam Smith (Chiropractor) has over 22 years of experience in family-based chiropractic care. He has experience working in many communities around Australia and internationally, including regularly serving on committees that guide health policy on a state and Australian federal level, as well as in the UK. With a special interest in family health and wellness, Dr Smith works with local community groups, charities, workplaces and schools to improve access to chiropractic care for those who want it. He believes that all Australians should have access to quality chiropractic services, so he is currently working with a group that is expanding chiropractic access in regional and rural areas of Australia across six states and territories.

### **Dr Joshua Tymms – Western Australia**

Dr Joshua Tymms is a registered chiropractor with two decades of clinical experience, having graduated from Murdoch University in 2006. Throughout his career, he has worked with a wide range of patients, including elite-level athletes, with a strong focus on structural correction and long-term spinal health outcomes. Josh holds dual Master's degrees in Public Health and Business Administration, equipping him with advanced expertise in health leadership, strategy, and research. He serves as Vice President of the Advanced Bio-Structural Correction Australasia (ABCA), where he leads initiatives to expand the research base supporting structural correction and strengthen the profession's evidence-informed direction. Over the past decade, Josh has held multiple leadership and advocacy roles within the Australian Chiropractors Association, contributing to policy, professional standards, and the future direction of chiropractic in Australia. In addition to his clinical and leadership work, Josh is the founder of Chiro Van, a mobile healthcare service designed to improve access to chiropractic care across the community. He remains committed to helping people move better, feel better, and live more active lives through high-quality, patient-centred care.

### **Dr Ali Young – Western Australia**

Dr Ali Young is a Chiropractor with over 23 years' experience working specifically with families, children and women. She has owned practices and worked in both Western Australia and Queensland, and loves taking care of those children who love that extra jolt of frivolity, playfulness and joy in their healthcare. She is an advocate for Working Mothers, with her book, *Work. Mama. Life* widely received upon its publication in 2022. She is a mother of two and now works with female chiropractors inside her coaching and membership programs, combining these two great loves with her chiropractic work. She is a sought-after speaker, MC, and strategist for female chiro's wanting to "have it all" – a supercharged practice, a work/life balance and a whole lot of fun. She has written for most major newspapers around Australia, has a podcast "Work Mama Life" with over 20,000 downloads, and is often called upon as an expert for the neurological regulation for working mothers. She has been a chiropractic patient since she was 15 years old and thinks there is no greater gift than providing the support families need to allow their health to shine.

## **REFERENCES**

- ⦿ ABC News: [TOP HEALTH TRENDS IN AUSTRALIA FOR 2025: MENTAL HEALTH FOCUS - NEWS ABC](#)
- ⦿ ABS: <https://www.abs.gov.au/media-centre/media-releases/12-insights-about-work-and-study-2021-census>
- ⦿ Adelaide University: [www.adelaide.edu.au/newsroom/news/list/2023/09/14/national-study-to-investigate-risk-factors-for-back-and-neck-pain#](http://www.adelaide.edu.au/newsroom/news/list/2023/09/14/national-study-to-investigate-risk-factors-for-back-and-neck-pain#)
- ⦿ American Psychiatric Association: [Psychiatry.org - Chronic Pain and Mental Health Often Interconnected](https://www.psychiatry.org/chronic-pain-and-mental-health-often-interconnected)
- ⦿ Australian Institute of Health and Welfare
  - <https://www.aihw.gov.au/reports/chronic-musculoskeletal-conditions/back-problems>
  - <https://www.aihw.gov.au/reports/chronic-disease/chronic-pain-in-australia/summary>
- ⦿ Black Dog Institute: <https://www.blackdoginstitute.org.au/news/black-dog-institutes-2023-2024-federal-budget-submission-focuses-on-evidence-based-and-cost-effective-actions/>
- ⦿ Deloitte Access Economics - <https://www.deloitte.com/au/en/services/economics/analysis/cost-pain-australia.html>
- ⦿ Global Health Education Australia: [globalhealtheducation.com/au/resources/healthcare-trends#ageing-and-preventative-health](https://globalhealtheducation.com/au/resources/healthcare-trends#ageing-and-preventative-health)
- ⦿ International association for the Study of Pain – 2021: [www.iasp-pain.org/resources/fact-sheets/psychology-of-back-pain](https://www.iasp-pain.org/resources/fact-sheets/psychology-of-back-pain)
- ⦿ Monash University: [https://www.monash.edu/news/articles/back-pain-a-\\$638-billion-productivity-black-hole.-new-study-warns](https://www.monash.edu/news/articles/back-pain-a-$638-billion-productivity-black-hole.-new-study-warns)
- ⦿ Musculoskeletal Australia 2020–21 Pre-budget Submission [treasury.gov.au/sites/default/files/2020-09/115786\\_MUSCULOSKELETAL\\_AUSTRALIA.pdf](https://www.treasury.gov.au/sites/default/files/2020-09/115786_MUSCULOSKELETAL_AUSTRALIA.pdf)
- ⦿ Musculoskeletal Australia - The rising cost of musculoskeletal conditions - [muscha.org/a-problem-worth-solving/](https://www.muscha.org/a-problem-worth-solving/)
- ⦿ Opioid analgesia for acute low back pain and neck pain (the OPAL trial): a randomised placebo-controlled trial: [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(23\)00404-X/abstract](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(23)00404-X/abstract)
- ⦿ Snapshot of employment by industry in Australia, 2023: [www.aph.gov.au/About Parliament/Parliamentary departments/Parliamentary Library/Research/FlagPost/2023/December/Employment by industry 2023](https://www.aph.gov.au/About_Parliament/Parliamentary_departments/Parliamentary_Library/Research/FlagPost/2023/December/Employment_by_industry_2023)
- ⦿ The Royal Australian College of General Practitioners OPIOIDS INEFFECTIVE FOR ACUTE LOW BACK OR NECK PAIN: University of Sydney - 29 Jun 2023 [www1.racgp.org.au/newsgp/clinical/opioids-ineffective-for-acute-low-back-or-neck-pain](https://www1.racgp.org.au/newsgp/clinical/opioids-ineffective-for-acute-low-back-or-neck-pain)
- ⦿ University Of Sydney: [Healthy Lifestyle Changes Shown To Help Low Back pain](https://www1.racgp.org.au/newsgp/clinical/opioids-ineffective-for-acute-low-back-or-neck-pain)
- ⦿ University of Sydney: <https://www1.racgp.org.au/newsgp/clinical/opioids-ineffective-for-acute-low-back-or-neck-pain>
- ⦿ World Health Organisation: <https://www.who.int/news-room/fact-sheets/detail/musculoskeletal-conditions>