

HEALTH & WELLNESS

Struggling with Back Pain

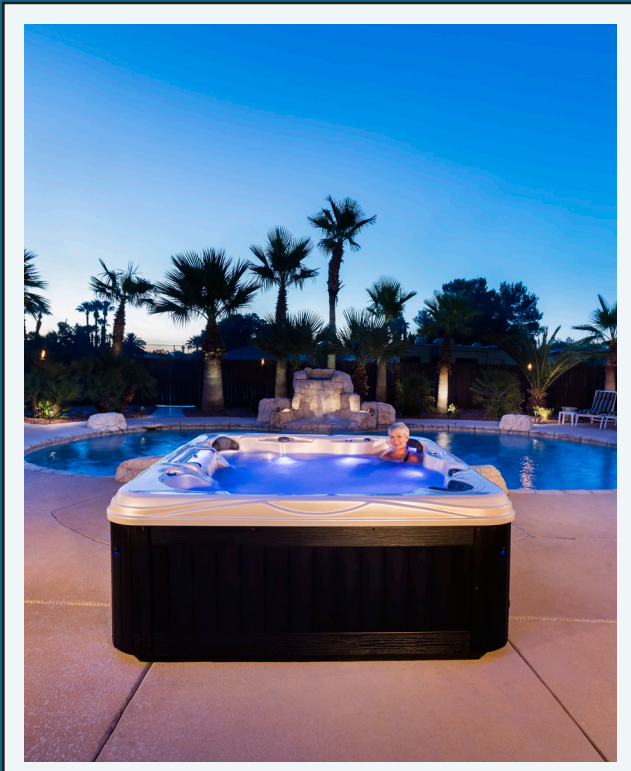


Across the world, back pain is a common issue that affects the lives of many people. While there are several reasons for this discomfort some of the most common reasons include: poor posture, sports injuries and stress.

No matter the reason, according to the American Chiropractic Association, back pain is the leading cause of disability in the world. In the United States alone 31 million Americans are affected and it is estimated that 80% of Americans will experience back pain at some point in their lifetime.

One way to find relief from back pain is to soak in a spa and allow your muscles to be massaged by the jets. The Island and Island Elite spas feature revolutionary hydrotherapy jetting for the back called AccuHelix™, which are placed in large groupings to deliver a massage to the entire back. The jets twist in a spiral motion and deliver heightened massage pressure.

This general information is not intended to diagnose or treat any medical condition or to replace your healthcare professional.



ARTESIAN SPAS™

REFERENCES

<https://www.thegoodbody.com/back-pain-statistics/>
<https://www.acatoday.org/Patients/Health-Wellness-Information/Back-Pain-Facts-and-statistics>