

112TH CONGRESS
1ST SESSION

H. RES. 393

Expressing support for designation of October 2011 as National Chiropractic Health Month.

IN THE HOUSE OF REPRESENTATIVES

SEPTEMBER 7, 2011

Mr. BOSWELL submitted the following resolution; which was referred to the Committee on Oversight and Government Reform

RESOLUTION

Expressing support for designation of October 2011 as National Chiropractic Health Month.

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 and 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 \$50,000,000,000 in health care costs per year;

Whereas repetitive stress injuries from texting and computer use are increasing 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 United States 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 United States citizens of the importance of being “TechnoHealthy” by using technology safely and making time to rest, exercise, and engage in other wellness-enhancing activities; and

Whereas October 2011 would be an appropriate month to designate as National Chiropractic Health Month: Now, therefore, be it

- 1 *Resolved*, That the House of Representatives supports
- 2 the designation of National Chiropractic Health Month.

○