**Combating Pain**

**Military Pain**

Military discharges due to musculoskeletal pain (1)

- **57%** Navy
- **60%** Army
- **57%** Air Force
- **59%** Overall

*Based on UK service members returning from Afghanistan and Iraq May 2013*

**Military Veterans**

Almost 2X as likely to suffer from chronic pain than general population (2)

= 68,000 veterans

Roughly 1 in 7 veterans currently take opioids to manage pain (3)

**Working Standing**

78% of people suffering from chronic pain had more pain-free days after using a standing desk (4)

Upper back and neck pain decreased by 54%

**Other Benefits**

Standing while working also boosts:

- **Energy** (4)
- **Mood** (4)
- **Strength** (5)
- **Heart Health** (6)

*Based on UK service members returning from Afghanistan and Iraq May 2013*

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