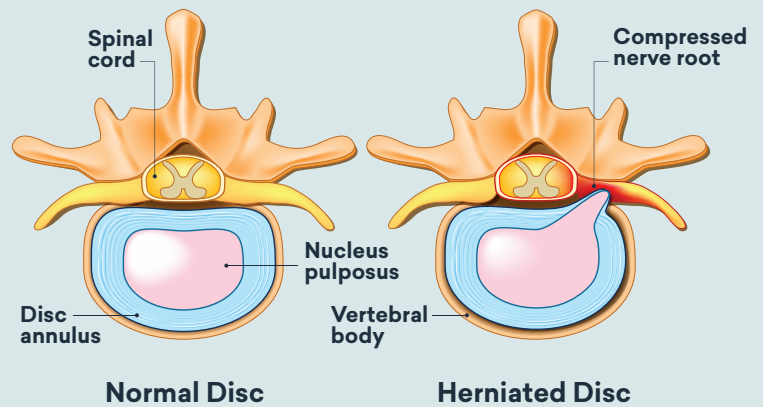
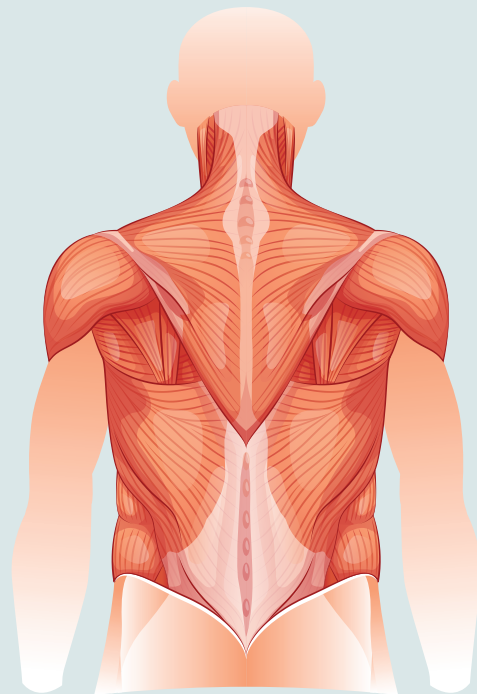


- 80-90% of the population will have back pain at some point in their life.
- Back pain is cumulative over time.
- It is a silent disease.
- Average American bends over 5,000-10,000 times/day.
- Bending, lifting and twisting will cause micro fractures to the discs and damage muscles.
- 70% of the population > age 30 have a bulging disc & are **ASYMPTOMATIC**.
- #1 cause of back pain is poor posture and body mechanics.
- There is no cure for back pain.
- Back belts are **NOT** effective at preventing injuries.

Spinal disc herniation



Back Muscles



Contact us to learn more about how OneTGH can re-energize and engage your team:

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