

---

THE GENERAL ASSEMBLY OF PENNSYLVANIA

---

SENATE RESOLUTION

No. 406 Session of  
2020

---

INTRODUCED BY IOVINO, BARTOLOTTA, FONTANA, FARNESE, BROWNE,  
DINNIMAN, COSTA AND HUGHES, OCTOBER 16, 2020

---

REFERRED TO RULES AND EXECUTIVE NOMINATIONS, OCTOBER 16, 2020

---

A RESOLUTION

1 Recognizing October 16, 2020, as "World Spine Day" in  
2 Pennsylvania.

3 WHEREAS, "World Spine Day" is a day of action celebrated each  
4 year on October 16 to bring awareness to spinal pain and  
5 disability; and

6 WHEREAS, Spinal pain and disability are experienced across  
7 the globe with an estimated 1 billion people suffering  
8 worldwide; and

9 WHEREAS, The single greatest cause of disability worldwide is  
10 back pain; and

11 WHEREAS, In Pennsylvania, more than 800,000 adults suffer  
12 from persistent or chronic back and spinal pain; and

13 WHEREAS, Back pain affects people of all ages, including  
14 children; and

15 WHEREAS, A recent pediatric study found that approximately 1%  
16 of children seven years of age, 6% of children 10 years of age  
17 and 18% of children 14 to 16 years of age experience lower back  
18 pain; and

1       WHEREAS, Developing lower back pain in adolescence is a risk  
2 factor for suffering with the condition in adulthood; and

3       WHEREAS, These reasons underscore the significant importance  
4 of having children tested in adolescence for spinal deformities  
5 like scoliosis, kyphosis and Scheuermann's disease; and

6       WHEREAS, Physical activity is an important way to increase  
7 spine health and mitigate spine pain and injury; and

8       WHEREAS, Health professionals, exercise and rehabilitation  
9 experts, public health advocates, schoolchildren and patients  
10 are taking part in "World Spine Day" in 2020; and

11       WHEREAS, The "World Spine Day" theme for 2020 is "Back on  
12 Track" which highlights the importance of using daily exercise,  
13 good posture, responsible lifting and healthy working conditions  
14 to keep spines functioning properly and to prevent joint pain;  
15 therefore be it

16       RESOLVED, That the Senate recognize October 16, 2020, as  
17 "World Spine Day" in Pennsylvania; and be it further

18       RESOLVED, That the Senate encourage Pennsylvanians of all  
19 ages to engage in physical activity and use other simple  
20 measures that will revitalize their spines and improve spinal  
21 health and well-being.