

Top 9 reasons for missing school or work & how to overcome these reasons

1 Appointments Scheduled

2 Illness Including Dental Emergencies

3 Car Trouble

4 Family Emergency

5 Bad Weather

6 Jury Duty

7 Pet Emergencies

8 Migraines

9 Back Pain

FACTS & SOLUTIONS for not missing school or work



APPOINTMENTS SCHEDULED

Use your other **17 hours** a day you are not in work or school to schedule appointments

ILLNESS INCLUDING DENTAL EMERGENCY

22% population had orofacial pain in past **6 months** – **65%** of adult population see a dentist annually. Don't wait for pain – pay attention to your teeth before you have dental emergencies.

CAR TROUBLE

1 in 51 people in PA were involved in a traffic crash in 2022. **.5%** had a reportable injury from a traffic crash and **.0009%** had a fatality as a result of the traffic crash in PA. Don't text while driving and pay positive attention to driving.

FAMILY EMERGENCY

What constitutes a family emergency – birth of a child, finalized adoption, car accident of a family member, sudden illness or death of a family member. **Build your support network** of people in your family to help in emergencies.



BAD WEATHER

Most of the **30 severe storms** in PA annually occur in the summer – so unless you are teaching or attending summer school – this is not a top reason for missing.

JURY DUTY

1 day and 1 trial is the PA jury duty rule and you can be called every 12 months. Only **5%** of those called for jury duty are actually selected. The average case in Montgomery county is **3-4 days** long if you are selected. Be responsible to serve our justice system and realize most people are not selected for jury duty, and if you are selected, most cases are only a few days long.



PET EMERGENCIES

61% of PA residents own a pet and **92%** of pets have some emergency in their lifetime. Pets are great supports of love, and proactive health check ups reduce the need for pet emergencies.

MIGRAINES

On average people with migraines miss **4.4 days** of work per year and another **11.4 days** of lost productivity annually. Reduce the stress on your neck by not having Tech Neck from leaning over the computer or cell phones, compromising your nerve flow and predisposing you to the negative effects of migraines.



BACK PAIN

25% of adults aged **18-44** missed **10+** days of work in the past year due to back pain. Be proactive – learn what your risks are for experiencing back pain and how to strengthen your back.

Get your spines checked

so you don't have to miss school or work due to pain, weakness, negative effects from falls and chronic back problems

65% of US adults report back or neck pain significant enough to see a health professional sometime in their life

77% of those who saw a chiropractor said it was **VERY** effective

15% of US population saw a chiropractor in the past year

Another **17%** of the US population has seen a chiropractor in the past 5 years

Tap or scan code below for our New Patient Special - Only \$37

