Acrosss the globe low back pain causes more disability than any other condition.

Only about 1-5% of low back pain is caused by serious disease or injury.

Exercise can help to develop mobility and strength. Bending and lifting are normal movements and safe for the body - many types of exercise, including weight training, can bring great benefits.

Facts about pain

Acute pain alarms us about potential tissue damage. It can happen after surgery or injury, but sometimes it can happen without a specific reason.

Most chronic pain is not associated with tissue damage and can continue for many years.

Exercise therapy is included in all guidelines for the treatment of chronic pain - ask your physical therapist, the exercise expert.

Chronic pain is a significant global health burden.