Across 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 physiotherapist, the exercise expert.