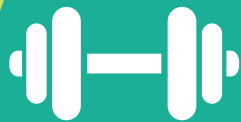


Across the globe **low back pain** causes **more disability** than any other condition

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**

CHRONIC PAIN



Chronic pain is a significant **global health** burden.

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



Movement for Health
World Physical Therapy Day



World Confederation
for Physical Therapy

www.wcpt.org