



**World  
PT Day  
2024**



# LOW BACK PAIN: A GLOBAL EPIDEMIC



Low back pain is the leading cause of disability worldwide



In 2020  
**1 in 13** people  
experienced low  
back pain

A physiotherapist will guide you on how to gain confidence in your back, increase your mobility and get active



Self-management and exercise are the most recommended techniques for managing low back pain



**World  
Physiotherapy**

**#WorldPTDay**

**8 September**

[www.world.physio/wptday](http://www.world.physio/wptday)