



World PT Day 2024

Physiotherapy can help your low back pain

Physiotherapists are specialists in the care of low back pain, and can offer treatment tailored to your needs. They may:



help you understand how to manage your pain



offer lifestyle tips including advice on physical activity, stress and sleep



give you an exercise programme to improve your strength and help you resume physical activities



World
Physiotherapy

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www.world.physio/wptday