



# World PT Day 2024

## Exercise for low back pain



Exercise is helpful for low back pain



Exercise can prevent low back pain returning



The best type of exercise is one you enjoy



Exercise has many other health benefits

Talk to a physiotherapist about the best exercise for you



World  
Physiotherapy

**#WorldPTDay**

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