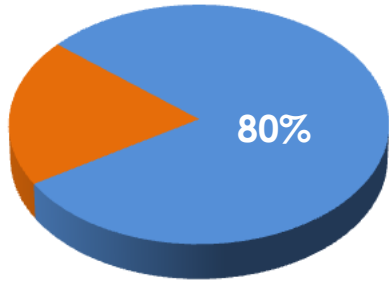


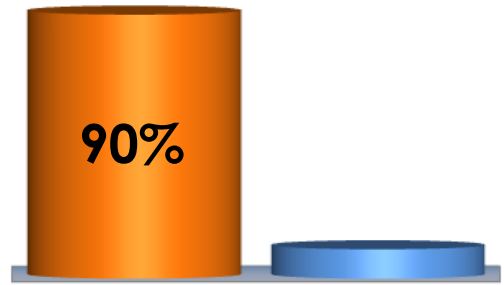
The 6 Key Things you should know about Low Back Pain



#1

80% of people will suffer with Low Back Pain throughout their lives

#2



Over 90% of people make a full recovery within 1 year with advice and support from a qualified healthcare professional

<p>#3</p> <p>Day 0</p> <p>Aaargh!!! Rest Ice</p>	<p>Day 1-3</p> <p>Rest Ice Gentle Movement</p>	<p>Day 4-7</p> <p>Exercise Seek Advice Early Treatment</p>	<p>2 weeks +</p> <p>Rehab Exercises Continue Treatment Return to Activity</p>
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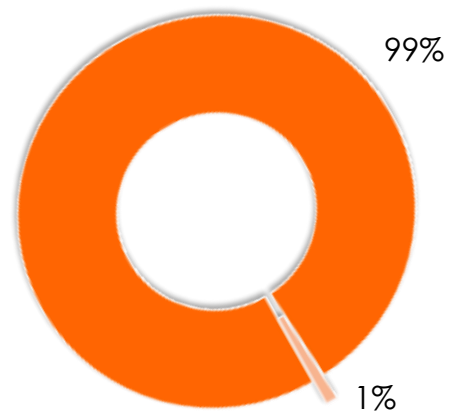
Causes of Low Back Pain

#4



Back Pain is most commonly caused by sprains and strains of muscles or ligaments

#5



#6

Only around 1% of people with Low Back Pain have something seriously wrong but if you have any of the following, please seek urgent help from your doctor:

- Unable to pass urine when you need to go
- Lose control of your bowels
- Go numb around your bottom
- Unable to get an erection
- Pain or pins and needles in both legs
- Worsening weakness in your legs

Next Step

Download your FREE Exercise Guide

[5 Key Exercises to Help Strengthen Your Back At Home](#)

to quick-start your recovery