

# Did you know.....

Its estimated that 80% of the population will experience lower back pain (LBP) at some point during their life time!



But wait,  
theres good news.....

# Most

Mechanical lower back pain will resolve all by itself within 6 weeks with no lasting damage



# 66%

of "disc bulges" spontaneously repair giving conservative physiotherapeutic

management the edge for best treatment (sorry surgeons, you'll have to save your

scalpels for your steak



# Best of all,

Exercise helps to prevent LBP! The best bit is it doesn't really matter what exercise you do, just do what you love

