



**World  
PT Day  
2024**



# EXERCISE AND LOW BACK PAIN



**Backs become healthier with  
movement and physical activity.**



**Exercise can prevent low back pain  
returning and is one of the most  
helpful treatments for low back pain.  
One type of exercise doesn't appear  
to be better than any other.**

**Work with your  
physiotherapist to find an  
exercise that you enjoy.**



**World  
Physiotherapy**

**#WorldPTDay**

**8 September**

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