## **KEY INSIGHTS FOR MANAGING BACK PAIN**



A healthy back requires a balance between demands and capacity



Pain is an alarm that is not necessarily harmful



The brain can turn pain up and down



Bad posture and deformations of the spine are common



Exercise strengthens the back



Action comes before improvement



The back is made for movement



Natural movements inhibit pain



The back is strong

Source: Kjaer P et al. GLA:D<sup>®</sup> Back group-based patient education integrated with exercises to support self-management of back pain - development, theories and scientific evidence. BMC Musculoskelet Disord. 2018 Nov 29;19(1):418.