

# 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



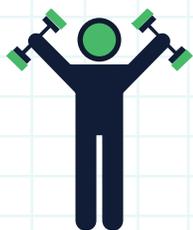
Bad posture and deformations of the spine are common



Action comes before improvement



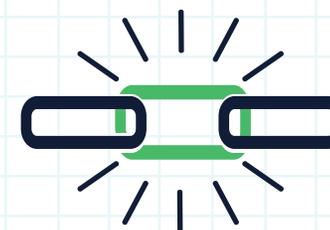
Natural movements inhibit pain



Exercise strengthens the back



The back is made for movement



The back is strong