

Have you got BACK PAIN?

- Do you want to know what contributes to **YOUR** back pain?
- Do you want to learn how to **BETTER MANAGE** it in work?

Then **BACK-on-LINE™** is for YOU!

Have you got BACK PAIN?

Personalised Spine Health Management System



BACK-on-LINE™
let us help you to help yourself



Fill in a self-assessment & get free access to individualised back pain management guidance and exercises

To access please go to: www.backonline.org.uk



BACK-on-LINE™ is a digital platform to help people to better look after their back and spinal health at work.

BACK-on-LINE™ was developed by Cardiff University academics and physiotherapists funded by the **Department of Work and Pensions Health Challenge Fund &** supported by **Cardiff University Biomechanics and Bioengineering Centre Versus Arthritis**.

BACK-on-LINE™ was launched to all **NHS Wales workforce** to assess its feasibility and acceptability in providing advice and guidance to better manage low back pain in workplace.

Go to www.backonline.org.uk

Where you will be able to:

1. Fill in a self-assessment
2. Receive feedback on your back pain
3. Get free access to **BACK-on-LINE™** modules
4. Tell us what you think...!