

# Have you got **BACK PAIN?**

Personalised Spine Health Management System



**BACK-on-LINE**<sup>TM</sup>  
*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](http://www.backonline.org.uk)



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