

FACT VERSUS FICTION



DEBUNKING MYTHS ABOUT BACK PAIN



"I need to avoid moving otherwise my back pain will get worse"

"My MRI shows that my back is like an 80 year olds"

"I shouldn't be having back pain at this age"

"I may never get rid of my back pain"



NOT TRUE your back is a strong and robust structure that likes to move!

More moving = less pain

NOT TRUE by the age of 50, 80% of people with no symptoms will show disc degeneration, and 60% will show a bulging disc on scans.

They're very common and do not make your back weak

NOT TRUE 90% of people will experience back at some point in their life regardless of their age

NOT TRUE 95% of back pain is due to poor posture and muscle control which can be changed to change your pain!

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