

DOES EXERCISE AFTER TREATMENT HELP LOW BACK PAIN?



Is exercising with a buddy even better?

Are you over 50?

Do you have low back pain?

Researchers from the University of Sydney are looking for people who have been discharged from treatment to participate in a trial looking at usual care or exercising with or without a buddy.

Follow the link if you would like to participate

<http://bit.ly/BuddyStudyPreScreening>

If you have any questions, contact

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**Study approved by the Sydney Local Health District Human
Research Ethics Committee (2019/ETH13224)**