

## Get Back to Healthy Study

### Are you looking to receive more support for your BACK PAIN?

This study aims to compare strategies to motivate and support people with low back pain to keep on track with the advice they have been given. Participation is free, with over 120 volunteers already enrolled, and conducted entirely online through email and phone. No in-person attendance is required.

**Website:** [tinyurl.com/getbacktohealthystudy](https://tinyurl.com/getbacktohealthystudy)



**Do you have low back pain?**

Researchers from the University of Sydney want to support your recovery by helping you to be more physically active



THE UNIVERSITY OF SYDNEY

Use the QR code to learn more

