

# Do you, or someone you know, have long-term lower back pain?

Come and join our class to learn more about your back pain and how to manage it



**ACT**  
Government

**Canberra Health  
Services**

[health.act.gov.au](http://health.act.gov.au)

## Have you ever wondered...?

- What exercises can I do to help my back pain?
- Why do I still have pain?
- Do I need x-rays or scans on my back?

We can help answer these questions.

## This class is for you if you:

- have had lower back pain for more than 3 months
- are unsure what exercise you can do with your lower back pain
- would like to learn more about your lower back pain
- would like to meet other people who have lower back pain.

**You do not need to have any scans before attending the class (x-ray, MRI, CT scan etc.)**

## About the class:

Each session takes 1 hour, once a week, and classes run over 4 weeks.



## What will you do in the class?

- Listen to a different topic each week about back pain.
- Take part in gentle exercises that help you become stronger and more confident. A physiotherapist will show you how to do these exercises.
- Learn how to do these exercises at home at your own pace.



## What others have said about the class

*“Very beneficial because it taught me that movement helps reduce my pain”*

*“By exercising I no longer need to use a walking aid. I can cope with pain when gardening and I’m able to play golf. I can also get in & out of a car without having to lift my legs”*

*“Exercise helps me handle the pain and has given me motivation”*

*“I didn’t think it would make a difference, I don’t normally attend these sorts of things, but I’m really glad I came it’s been really helpful”*

# To make an appointment

## Under 65 years of age:

Community Health Intake

Phone: (02) 5124 9977

Website: [www.health.act.gov.au](http://www.health.act.gov.au)

## 65 years and older:

Contact My Aged Care to request a referral to physiotherapy

Phone: 1800 200 422

Website: [www.myagedcare.gov.au](http://www.myagedcare.gov.au)

Please mention lower back pain class when you are offered an appointment.

**The Community Care Physiotherapy Service is supported by funding from the Australian Government under the Commonwealth Home Support Program (CHSP).**

## Accessibility

If you have difficulty reading a standard printed document and would like an alternative format, please phone 13 22 81.



If English is not your first language and you need the Translating and Interpreting Service (TIS), please call 13 14 50.

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