

**I**

**My**

**Athletic**

**Trainer!**

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**One of the best things for chronic low back pain is exercise!**

**We are taller in the morning than at night because of gravities effect on the discs in our back!**

**Cartilage discs expand in the absence of gravity, so astronauts returning from space are 1.5 to 2 inches taller than when they left!**

**Those suffering back pain are 22 times more likely to have recurring pain if they do not participate in a therapeutic exercise program!**

**Only 2% of back pain cases results in surgery. Most are handled with therapeutic exercise!**

**Americans spend 26 billion dollars a year treating low back pain!**