



## **Effective exercise for the prevention and management of Low Back Pain**

The Back4Good® Programme is a major new initiative from the Body Control Pilates group - recognised leaders in the Pilates Method since 1995.

More than 80% of the adult population in the UK suffer from low back pain at some time in their life. Recent guidelines from NICE (the National Institute for Health and Clinical Excellence) has recommended that appropriate exercise – taught by properly trained teachers – should now play a key role in the treatment and management of low back pain. The Back4Good® Programme fully meets those recommendations.

We offer 'Healthy Back' classes to help you prevent the onset of low back pain, and Back4Good® 'one-to-one' and small group sessions if you have been referred by your medical practitioner. Our Practitioners focus on teaching safe and effective exercises in a supportive environment.

All Back4Good® Practitioners are Body Control Pilates teachers who have successfully completed comprehensive additional training on the subject of low back pain. They are accredited by SkillsActive and the Register of Exercise Professionals at Level 4 status, and by BackCare, the national charity for healthier backs.