

# Do you have Lower back Pain, Shoulder Pain, Knee Pain?

Are you treating the symptom or the cause?

So you injure your lower back (inflamed your facet joint or have a lumbar disc injury), you go see your physio, myo, chiro or osteo and they treat your back joints and surrounding muscles. These are the symptoms, your back is sore because you have been compensating!!!

Are you compensating due to a stiff ankle or hip, do you lack thoracic rotation? These are just a few of the common reasons we compensate with our lower back. These are the cause of your pain.

If you want long-term relief treat the cause not the symptom.

MOBILISE and TRAIN WISE

