

# LBP

R S Q A Q C D B X Y G Y L A C I V R E C D L D K  
R T T F H I W U X M A P I J S W B N Q K W X P D  
R K Y R W H G J U E K A I T K C F E F N J Q V A  
M H I I E O C E E M K I I W C K T R C R R H E O  
F X G N X T H Q F D M N G K B C Y G D P T H X Z  
O G W C E F C L O L T G N I C A P Z L K E H M J  
A H P W D S L H Q Z Y W S Z H E N L R C Q O D D  
N Q G Q D M I W Q J N E S I C R E X E D R J I Z  
P Y U N E X O O A Q F Y D I D A S M X Y O B H L  
A G C L T Y B E P L S W B E C F A S K Z C Z G S  
T Q F N V N B G W H A Q J U V E D R Y Q F E C P  
I H Z O A B O F Z I O R I D O Z W E U O N R I Q  
E W C N E N A I I Y L B C S W K H K N I H N C C  
N Y A B X A G W T L L G I A S J I B P D B P A D  
T U V W U B Q E D A P U K A S M T S X R E D R S  
C J E A N V Q R R K S K D C Z H W W B A C B O C  
E Y R A F Z B T C P R I C J L U M B A R I L H N  
N X T N L Q D S J P G T L M J E R Y J C V T T H  
T F E P E M T G N V M H G I B O X N Z X D X G C  
E A B M X E F R Q E D Z W M B E B T J L A L D R  
R U R O C P C L E H N I A B O O Y H E B M R B V  
E I A C O N T R O L O J S H F N M V W N L D F J  
D P W N Q J G K Z Z M U L T I F I D U S D O U I  
T C B D D N O I T A C U D E C S R Z G S N B F V

patient centered  
education  
exercise  
pacing  
extend  
ice

kinesiophobia  
pregnancy  
vertebra  
advice  
spine

mobilisation  
thoracic  
stretch  
sacral  
flex

multifidus  
cervical  
control  
lumbar  
pain