

Energising your health

## **Back Pain – First Response**

Don't panic, back pain is very common and unlikely to have serious cause. In case you suffer from acute back pain try the following gentle exercises, you can do three to four sets.



**Awali Hospital Physiotherapy Department** 

## Contact us:



APPOINTMENT: (+973) 1775 7600 SWITCHBOARD: (+973) 1775 3333



WHATSAPP: (+973) 3687 7600 INSTAGRAM: awalihospital FACEBOOK: Awali Hospital



E-MAIL: awali.hospital@bapcoenergies.com
WEBSITE: https://www.awalihospital.com
LOCATION: Bldg. 115, Road 4504, Block 945,

Awali Kingdom of Bahrain