

## WHAT'S HOLDING YOU BACK?

Are you holding back from taking charge of your back pain? Take the quiz and find out.\*

1. Do you experience recurring back pain that comes and goes every month or so? Yes  No
2. Do you experience daily or weekly back pain? Yes  No
3. Do you miss out on sports or physical activities as a result of back pain? Yes  No
4. Do you believe there is no effective treatment for back pain? Yes  No
5. Are you concerned that treatment for back pain might not be covered by your benefits plan or provincial health plan? Yes  No
6. Have you taken pain relievers for more than three days in a row to treat back pain? Yes  No
7. Are you worried about what a diagnosis might mean if you visit a health professional? Yes  No
8. Do you hope your back pain will go away on its own? Yes  No
9. Are you too busy to seek treatment for your back pain? Yes  No
10. Do you just "tough it out" when you experience back pain? Yes  No

If you answered "yes" to four or more of the questions or "yes" to questions 9 or 10, you are probably avoiding dealing with back pain that is limiting your life. Back pain can be treated. Stop holding back and talk to a health professional.

\* This is not a clinical diagnostic tool. Consult a health professional for a comprehensive assessment, diagnosis and treatment advice.