

Back Pain and Neck Pain Patient resources:

NHS England - Exercises for back pain

<http://bit.ly/1z0iWNk>



Arthritis Research UK – Back Pain

<http://goo.gl/wwt3Dg>



Arthritis Research UK – Back Pain Leaflet

<http://goo.gl/snQGsr>



Arthritis Research UK - Neck Pain

<http://goo.gl/QQ8p9c>

