

## Low Back Pain Resources & Website Links

1. **About Low Back Pain, explaining your pain:**  
[www.youtube.com/watch?v=BOjTegn9RuY](http://www.youtube.com/watch?v=BOjTegn9RuY)
2. **Acute Vs Chronic Low Back Pain:**  
[tinyurl.com/lowbackpaininfo](http://tinyurl.com/lowbackpaininfo)
3. **What to expect from your physician visit:**  
[www.choosingwiselycanada.org/wp-content/uploads/2014/04/Low-Back-Pain-EN.pdf](http://www.choosingwiselycanada.org/wp-content/uploads/2014/04/Low-Back-Pain-EN.pdf)
4. **Exercises to relieve low back pain:**  
[www.healthlinkbc.ca/health-topics/tr5948#tr5949](http://www.healthlinkbc.ca/health-topics/tr5948#tr5949)
5. **Small movement helps:**  
[www.thestar.com/life/2015/03/30/minimal-exercise-can-counteract-sedentary-lifestyle.html](http://www.thestar.com/life/2015/03/30/minimal-exercise-can-counteract-sedentary-lifestyle.html)
6. **Lifting technique to reduce low back pain:**  
<https://www.healthlinkbc.ca/health-topics/tn9293#tn9294>
7. **Physiotherapy, chiropractic and massage therapy:**  
[www.physiotherapyalberta.ca/physiotherapists/physiotherapist\\_listings](http://www.physiotherapyalberta.ca/physiotherapists/physiotherapist_listings)  
[www.ashburtonphysio.co.uk/patients-guide-visit-physio/](http://www.ashburtonphysio.co.uk/patients-guide-visit-physio/)  
[www.chiropractic.ca/about-chiropractic/find-a-chiro/](http://www.chiropractic.ca/about-chiropractic/find-a-chiro/)  
[www.mtaalberta.com/index.php?page=121&id=](http://www.mtaalberta.com/index.php?page=121&id=)  
[www.albertahealthservices.ca/info/service.aspx?id=1001414](http://www.albertahealthservices.ca/info/service.aspx?id=1001414)
8. **Mental health connections:**  
[www.albertahealthservices.ca/services/Page11443.aspx](http://www.albertahealthservices.ca/services/Page11443.aspx)  
[www.medicalnewstoday.com/articles/314493.php](http://www.medicalnewstoday.com/articles/314493.php)  
Access Mental Health 403 943 1500  
Distress Centre 403 266 4357 (24 hour)  
Meditation Studio App for iPhone / Android [www.meditationstudioapp.com](http://www.meditationstudioapp.com)  
Headspace App for iPhone / Android [www.headspace.com/headspace-meditation-app](http://www.headspace.com/headspace-meditation-app)  
YouTube Meditation for Beginners Featuring Dan Harris and Susan Salzberg  
[www.youtube.com/watch?v=mtsdz\\_jhB7c](http://www.youtube.com/watch?v=mtsdz_jhB7c)

**9. Behaviour Change resources:**

[motivatehealthyhabits.com/pdfs/OTASK1page.pdf](https://motivatehealthyhabits.com/pdfs/OTASK1page.pdf)

[orthoinfo.aaos.org/topic.cfm/topic=A00302](https://orthoinfo.aaos.org/topic.cfm/topic=A00302)

**10. Community Connections:**

City of Calgary

- Call 311 or [www.calgary.ca/registration](http://www.calgary.ca/registration)
- *Program Highlight: Yoga for a Healthy Back*

South Health Campus Wellness Centre

- [www.ahs.ca/shcwellness](http://www.ahs.ca/shcwellness)
- *Program Highlight: Mindfulness Based Stress Reduction*

Alberta Healthy Living Program

- Call 403-943-2584 or [www.ahs.ca/cdmcalgaryzone.asp](http://www.ahs.ca/cdmcalgaryzone.asp)
- *Program Highlight: Better Choices, Better Health Self-Management workshop*