

The logo features the word "Free" in a blue, lowercase, sans-serif font. The letter "F" is stylized with a dotted blue line that curves upwards and to the right, ending in a solid blue line that forms the top bar of the "F".

Free for Family & Whānau

One of your whānau/family has back pain at the moment. You have an important role to help them recover.

Having back pain is no fun. It often makes people moody, bad tempered, or flat. Try not to blame them.

Help them to be active

Being active is the best way to recover from back pain.

You can support them to do this by:

- Offering to go for a walk or run with them
- Looking after the kids or doing the chores while they exercise
- Encouraging them to do more
- Telling them when you notice they are doing more than before

Don't add to their worries

- Pain is the brain's way of protecting the back, but it is usually too protective. They do not need you to protect their back as well
- Be thoughtful about what you say. People with back pain often have a number of worries and concerns which end up making it feel worse. They don't need yours on top of theirs