



## Is Inova BackNET for you?

BackNET is for you if:

- you've not had any serious back pain and want to prevent future aches and pain
- you've experienced back aches and discomfort that you've managed on your own
- you've been evaluated and treated by a physician for a back problem (may require physician approval before participating)

BackNET is **not** for you at this time if:

- you are pregnant
- you have a spinal tumor or spinal infection

To learn more about Inova BackNET, read through the online Orientation. When you join Inova BackNET, you have the support of a Coach throughout your participation in the program.

It's FREE and easy to join! Just fill out the registration form at the end of the Orientation.