

BackCareCanada



Back pain is one of the most common ailments affecting Canadians.

Approximately 80% of the population will experience some form of back pain in their lives.

BackCareCanada.ca has been developed by health professionals to provide reliable information & advice based on the latest research & expert opinion. The goal is to help you better manage your symptoms and to make more informed decisions about your treatment.

If you or someone you love is living with back pain, find the answers to your questions at:

BackCareCanada.ca