



**Ask your  
health care provider  
about this free video**

A Shared Decision-Making® Program produced by Health Dialog. Researched and evaluated by the Foundation for Informed Medical Decision Making.

## Chronic Low Back Pain

Managing your pain and your life

**For those with low back pain** that has lasted more than three months, this program offers an overview of possible causes of your pain; making a care plan and choosing goals; managing stress and depression; staying active; and using treatment wisely.