

A person is lying on a table, receiving a physical therapy session. A male therapist in a blue shirt is leaning over the person, and a female therapist in a blue shirt is standing behind the person, holding their hands. The background is a light blue wall with a large, faint image of a person's back and spine. The text "OVERCOMING BACK PAIN" is written in large, white, bold letters across the middle of the image. Below it, the text "PELVIC STABILITY AND CORE CARE FOR DANCERS" is written in smaller, white, bold letters. At the bottom, a white button with the text "TEST YOURSELF TODAY" is visible.

OVERCOMING BACK PAIN

PELVIC STABILITY AND CORE CARE FOR DANCERS

TEST YOURSELF TODAY

Overcoming Back Pain

Xiaolong Qi



Overcoming Back Pain:

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