



# Top 3 | Exercises for Arthritis in the Low Back

## Email #1

**Subject:** Low back arthritis pains? Check this out

**Body:**

Hey [Contact.FirstName],

If you have been experiencing Arthritis in your lower back then this is for you.

We put together exercises you can do at home.

Here are the top 3 home exercises for arthritis in the lower back.

[Click/tap to view.](#)

And if you do find you're experiencing this type of pain, please call me at [Practice.Phone] and I'll see if I can help you.

I hope this helps you,

[PracticeOwner.FullName]

[Contact.PracticeName]

[Practice.Phone]

[Practice\_Address]

## Email #2, sent 2 days after email #1

**Subject:** Arthritis pain an issue?

**Body:**

Hey [Contact.FirstName],

If you have been experiencing Arthritis in your lower back then this is for you.

We put together exercises you can do at home.

Here are the top 3 home exercises for arthritis in the lower back.

[Click/tap to view.](#)

And if you do find you're experiencing this type of pain, please call me at [Practice.Phone] and I'll see if I can help you.

I hope this helps you,

[PracticeOwner.FullName]

[Contact.PracticeName]

[Practice.Phone]

[Practice\_Address]

## Email #3, sent 2 days after email #2

**Subject:** Check this out if you have arthritis

**Body:**

Hey [Contact.FirstName],

If you have been experiencing Arthritis in your lower back then this is for you.

Here are the [top 3 home exercises for arthritis in the lower back](#).

[Click/tap to view.](#)

And if you do find you're experiencing this type of pain, please call me at [Practice.Phone] and I'll see if I can help you.

I hope this helps you,

[PracticeOwner.FullName]

[Contact.PracticeName]

[Practice.Phone]

[Practice\_Address]

## Part 2: Top 3 | Exercises for Arthritis in the Low Back

The below emails are sent to contacts *only* if they interact with one of the links sent.

### Email #1, sent 5 minutes after clicking a link

**Subject:** Re: Top 3 Home Exercises for Arthritis in the Low Back

**Body:**

Hey [Contact.FirstName],

I saw that you checked out the Top 3 Home Exercises for Arthritis in the Low Back...

And I wanted to see if I can help you further....

So I'm offering an appointment to everyone who tried the exercise at home, including you.

I only have a few spots left and I'd love to help you out.

[Click/tap here to schedule >>>](#)

I hope this helps you,

[PracticeOwner.FullName]

[Contact.PracticeName]

[Practice.Phone]

[Practice\_Address]

### Email #2, sent 2 days after clicking a link

**Subject:** RE: [Contact.FirstName]!

**Body:**

Hey [Contact.FirstName],

I saw that you checked out the Top 3 Home Exercises for Arthritis in the Low Back...

And I wanted to see if I can help you further....

So I'm offering an appointment to everyone who tried the exercise at home, including you.

I only have a few spots left and I'd love to help you out.

[Click/tap here to schedule >>>](#)

I hope this helps you,

[PracticeOwner.FullName]

[Contact.PracticeName]

[Practice.Phone]

[Practice\_Address]

## Email #3, sent 2 days after email #2

**Subject:** [Contact.FirstName], can we help?

**Body:**

Hey [Contact.FirstName],

I saw that you checked out the Top 3 Home Exercises for Arthritis in the Low Back...

And I wanted to see if I can help you further....

So I'm offering an appointment to everyone who tried the exercise at home, including you.

I only have a few spots left and I'd love to help you out.

[Click/tap here to schedule >>>](#)

I hope this helps you,

[PracticeOwner.FullName]

[Contact.PracticeName]

[Practice.Phone]

[Practice\_Address]