

WHAT TO DO WHEN YOUR BACK HURTS



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Low back pain plagues too many people in the world. Some people know exactly why they hurt while others have no idea. Here are 5 reasons why your low back may be in pain.

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When squatting, it is imperative that you do not lean forward or round your back. Rounding your back compresses your spinal discs, and causes your vertebrae to rub together.

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Shoulder Pain 12 Reasons Your Shoulder Hurts Health

Of all the reasons you can have shoulder pain, injury to your rotator cuff is the most common in a recent study, two-thirds of people with shoulder pain had a rotator cuff problem. A group of

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Sciatica If My Leg Hurts Is It My Back Idaho Physical

By Alan Williams, PT, OTR/L, ATC, CSCS. Remember the children s song that goes, The hip bone s connected to the leg bone! The leg bone s connected to the knee bone! and so on?

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My Lower Back Hurts After Sitting on a Stability Ball

When you sit on a stability ball s unstable surface, your core muscles are instantly challenged. The muscles of your stomach, back, pelvic floor and hips spring into action as a natural response to the sensation of instability, tightening in an effort to help you maintain balance.

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11 Seriously Wonderful Self Massage Tips That Will Make

This will help the tenderness and pain you get in your lower back before and during your period due to inflammation. Here's how to do it: 1. Lie on your back with your legs bent and feet firmly

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4 Ways to Crack Your Upper Back wikiHow

How to Crack Your Upper Back. After sitting or standing for long periods, your back may be sore. Cracking your back can alleviate pain caused by soreness, leaving you feeling refreshed. The process of cracking your back is simple, but be careful. You should not crack your back too often, as this can worsen back pain.

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What You Can Do Right Now about Your Elbow Pain Athletico

Editor s Note: Today s post is written by Betsy Schack, OTR/L. Betsy is an occupational/hand therapist at Athletico Skokie and Athletico Park Ridge. Does it seem like you can t get through the day without having pain in your elbow?

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Why 'Vacation Shaming' Hurts You More Than Your Employees

A culture where employees don't feel free to take a vacation has a lot of negative implications -- including the company's very survival.

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4 Ways to Treat a Foot Blister wikiHow

How to Treat a Foot Blister. Foot blisters can occur due to friction between your feet and shoes. This is usually the result of excess moisture on the skin. Blisters are usually not serious and can be treated at home with antibiotic

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