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By Dr. Mercola. If you have back pain or sciatic nerve pain, you're not alone. Globally, one out of 10 people suffers from lower back pain, and back pain is also the number one cause of job disability worldwide.

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### **Back Pain Symptoms Cause Remedy DonsNotes**

Causes: There are generally two causes Musculoskeletal, which account for 2/3 to 3/4 of back pain, and neurological (pinched nerve). The simplest cause is a muscle sprain or ligament sprain.

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