

## **BACK PAIN AND**



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Back pain is one of the most common reasons people go to the doctor or miss work, and it is a leading cause of disability worldwide. Most people have back pain at least once. Fortunately, you can take measures to prevent or relieve most back pain episodes.

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### **Back Pain Symptoms Complications WebMD**

Back pain symptoms can range in intensity from mild to severe. Learn the signs to watch for. Upper, Middle, and Low Back Pain Symptoms Get the facts on the aches and pains that signal back problems.

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### **Back Pain Symptoms Causes Diagnosis and Treatment**

Lower back pain, also called lumbago, is not a disorder. It is a symptom of several different types of medical problems. It usually results from a problem with one or more parts of the lower back

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### **Back Pain Guide Causes Symptoms and Treatment Options**

Back pain can be a symptom of many different illnesses and conditions. The main cause of the pain can be a problem with the back itself or by a problem in another part of the body. In many cases, doctors can't find a cause for the pain. When a cause is found, common explanations include: Stress or

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### **Back pain Causes symptoms and treatments Health News**

Back pain is a common reason for absence from work and for seeking medical treatment. It can be uncomfortable and debilitating. It can result from injury, activity and some medical conditions.

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### **Lower Back Pain Symptoms Diagnosis and Treatment**

See Back Muscles and Low Back Pain. Most acute low back pain results from injury to the muscles, ligaments, joints, or discs. The body also reacts to injury by mobilizing an inflammatory healing response. While inflammation sounds minor, it can cause severe pain.

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### **Back pain Diagnosis and treatment Mayo Clinic**

Most acute back pain gets better with a few weeks of home treatment. However, everyone is different, and back pain is a complex condition. For many, the pain doesn't go away for a long period, but only a few have persistent, severe pain. For acute back pain, over-the-counter pain relievers and the use of heat might be all you need.

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### **7 Common Causes of Back Pain and Easy Solutions**

Common Back Pain Causes. It began as a twinge. Then the pain started to radiate down my back when I biked. Bothersome became dangerous when it hurt to turn my head; do not try cycling with impaired neck mobility.

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### **Back Pain Causes Treatment and When to See a Doctor**

Back pain is a very common condition, albeit a uniquely experienced one. Ranging from the dull or throbbing aches of spine osteoarthritis to the shooting, sharp pain of a ruptured disc, back pain can also come and go, be constant, worsen with exercise or prolonged sitting, and/or be associated with neurological symptoms like numbness and tingling.

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