

Title:

Back Pain: A Result Of Poor Posture Or Muscle Strain

Word Count:

509

Summary:

Back pain is a common phenomenon in the United States with nearly 80% of the population suffering from it.

Keywords:

Back Pain, back related pain, back pain remedies

Article Body:

Back pain is a common phenomenon in the United States with nearly 80% of the population suffering from it.

Back pain is generally not a serious problem and disappears quickly in most of the cases. However, it can be a chronic condition.

It is one of the most common ailments with 8 out of 10 people experiencing it at one or the other time in their lives.

The intensity of back pain varies from person to person. It can vary from a dull ache to a sharp, stabbing pain.

Back Pain Remedies

Massage is an effective way of reducing back pain. The incidence or the severity of the pain can be reduced by massage.

Early recognition of symptoms, proper treatment and appropriate rehabilitation measures are very important for the recovery.

Several over the counter medicines are available for the treatment of various back pains. Acetaminophen, ibuprofen, and aspirin are some of the common ones.

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