

Title:

Backache Is a Disorder That Is Easy to Prevent

Word Count:

801

Summary:

Back-ache, an urban comfort malady, is primarily the result of bad posture and weak muscles. T

Keywords:

backache, lower back

Article Body:

Introduction:

Back-ache, an urban comfort malady, is primarily the result of bad posture and weak muscles. T

The more important reason for the publication of this article is the realization on our part t

The working of the lower back:

Let us now focus our attention on the five lumbar vertebrae as regards their working. These ve

However, these two functions, i.e., moving the trunk and bearing weight cannot be easily carri

Stacked one on top of another, the five lumbar vertebrae work as a unit, in a concerted manner

The position of the pelvis will control the position of the lumbar vertebrae above it. If the

On the other hand, when the lumbar vertebrae are aligned properly because the pelvis is in a b

The bones are the static, unchangeable part of the body. The muscles are the dynamic componen

A muscle is basically a contractile tissue, i.e., it functions and carries out messages by con

Conclusion:

The ignorance about the working of lower back leads to a callous misuse or disuse of our more

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>