

Title:

Backache: A Common Problem

Word Count:

297

Summary:

Backache is largely caused by sitting, standing or stooping for a long time and is prevalent a

Keywords:

Backache, back pain

Article Body:

Backache is largely caused by sitting, standing or stooping for a long time and is prevalent a

Our spinal column is constituted in such a way that it provides the necessary stability to sta

A Woman's body undergoes a lot of changes during pregnancy. During the last two trimesters of

Sudden jerks or movements can also result in back pain. Several conditions such as Osteoporosi

Excess weight or the wearing of the wrong type of shoes can also result in back pain. Regular

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