

Title:

Common Causes of Back Pain

Word Count:

352

Summary:

If you suffer from back pain and lower backaches, this article addresses some of the most common

Keywords:

back pain, backache, backaches, lower backache

Article Body:

The most common medical complaints are that of back pain. On a positive note, back pain episodes

Understanding the cause of your pain is the key to proper treatment. Because back pain is so common

The most common causes of back pain are:

Muscle strains are the most common cause of low back pain. Patients may or may not remember the

A ruptured intervertebral disc, also called a herniated disc, is another common cause of back

Discogenic back pain is thought to be a common cause of low back pain. Discogenic back pain is

Spinal stenosis causes back pain in the aging population. As we age, the spinal canal can become

Arthritis most commonly affects joints such as the knees and fingers. However, arthritis can

Spondylolisthesis causes back pain because adjacent vertebra become unstable and begins to "slip"

As stated earlier, backaches are hard to diagnose. The causes listed above are just a few of

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