

Title:

Common aches and pains at a glance

Word Count:

546

Summary:

A brief glance of all the aches and pains we are experiencing, what causes them and ways to prevent them.

Keywords:

muscle spasm, lower back pain, muscle fatigue

Article Body:

We try to do everything in this 21 century --- filling our lives with a dozen of activities that we can't do without.

To stay and go on running in the rat race, you must be prepared to endure aches and pains all the time.

Here are the common aches and pains that you usually experience in everyday:

? Knee ~ Stiff and swollen joints make it difficult to do any bending. Pain in the knees is a common problem.

? Shoulder - Any kind of overuse can stress the shoulder joint. Muscles can be strained and cause pain.

? Hip - A pain at the top of your leg that you may usually feel on the inner side of your thigh.

? Back ~ stiffness, muscle spasm and pain. Lower back pain is very common. You can get tired and sore.

? Wrist- aching, numbness, burning, or tingling in your palm, wrist, fingers. Carpal tunnel syndrome is a common problem.

? Feet -tingling, burning, numbness or pain under the heel. Tarsal tunnel syndrome is the same as carpal tunnel.

Muscle pain can be caused by many conditions. The most common is a ^ strain~ where the muscle is overused.

Every now and then you might be having muscle cramps and if you are working for quite some time.

1. The central nervous system ~ when your mind is telling your body (muscles) to shut down.
2. The local ~ is related to local factors that limit the ability to perform muscular work.

Regular exercise can help restore proper muscle tone. A good physical therapist can teach you how to do it.

Taking some acetaminophen, aspirin or other non-steroidal anti-inflammatory drugs can also be helpful.

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