

Title:

Causes of Back Pain and how to Prevent it

Word Count:

449

Summary:

There are many other factors that determine a person's probability of having back pain. Age, w

Keywords:

lower back pain

Article Body:

Back pain is so common in America that 75% of the population will experience it in their lifet

Back pain being the substantial problem that it is, it is important to know the causes of back

Causes of Back Pain

Muscle Strain

The leading cause of back pain is due to a simple muscle strain. At some point an individual m

Ruptured Disc

A ruptured disc, or herniated disc, is another cause of back pain. Treatment may vary dependin

Discogenic Back Pain

This type of back pain may be a leading cause of low back pain. This type of pain is the resul

Arthritis

Arthritis is a disease that affects joints in the fingers, wrists, and knees. Lumbar spine art

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Ways to Prevent Back Pain

Live a Healthy Lifestyle

One of the best things you can do to prevent lower back pain is to maintain a healthy weight.

Exercise

You hear exercise as being the answer to preventing just about every medical condition on reco

Lift Properly

When you lift, lift with your knees. Try to keep your back straight and force the weight throu

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