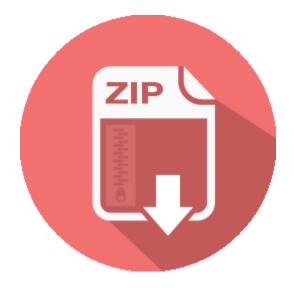
WHAT TO FOR BACK PAIN



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Don't wait until you're crippled with pain to talk to a professional. Here's where to look to find help with managing your back pain today. Primary Care Physician Talk with your doctor about chronic back pain during a regular visit.

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The medicine chest is their first stop for many of us who get mild neck or back pain. Most of the time, an overthe-counter pain medication will do the job. The dosage of an OTC drug is less than what you would get with a prescription drug, and doctors generally suggest starting there.

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Back pain NHS

Causes of back pain. Often it's not possible to identify the cause of back pain. Doctors call this "non-specific" back pain. Sometimes the pain may be a result of an injury such as a sprain or strain, but often it occurs for no apparent reason. It's very rarely caused by anything serious.

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The Best Way to Get Rid of Lower Back Pain wikiHow

How to Get Rid of Lower Back Pain. If you're suffering from lower back pain, you're not alone. As many as 80 percent of adults experience persistent lower

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Back pain Wikipedia

Back pain is pain felt in the back. It is divided into neck pain (cervical), middle back pain (thoracic), lower back pain (lumbar) or coccydynia (tailbone

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