

WHAT TO FOR BACK PAIN



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Back pain symptoms can range in intensity from mild to severe. Learn the signs to watch for. Upper, Middle, and Low Back Pain Symptoms Get the facts on the aches and pains that signal back problems. Sciatica Symptoms Sciatica can cause pain in the lower back and the legs. Learn more.

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In addition, symptoms of lower back pain are usually described by type of onset and duration: Acute pain. This type of pain typically comes on suddenly and lasts for a few days or weeks, and is considered a normal response of the body to injury or tissue damage. The pain gradually subsides as the body heals. Subacute low back pain.

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What do I need to know about back pain? Back pain is common. You may feel sore or stiff on one or both sides of your back. The pain may spread to your buttocks or thighs. What causes or increases my risk for back pain? Conditions that affect the spine, joints, or muscles can cause 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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What to Do for Neck or Back Pain That's Mild

The medicine chest is their first stop for many of us who get mild neck or back pain. Most of the time, an over-the-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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Learn all the easy ways to relieve back pain without expensive medications or costly doctor visits.

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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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