

MEDICAL BULLETIN
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BACK PAIN

Back pain is a common condition that affects millions of people worldwide. It can be caused by a variety of factors, including poor posture, muscle strains or sprains, herniated discs, arthritis, and spinal stenosis.

In most cases, back pain is a self-limited condition that can be treated with rest, ice or heat therapy, over-the-counter pain medications, and gentle exercises or physical therapy. However, in some cases, medical treatment may be necessary, such as prescription pain medications, steroid injections, or surgery.



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