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To be in favor of; endorse or advocate: backed the reform proposal. If you write or call back, you write to or phone someone after they have written to or phoned you. If you look back at someone, you look at them after they have started looking at you. Lower back pain affects the lumbar region of your spine or back. The most common cause is a muscle or tendon injury. Apr 3, 2025 · The layers of the back comprise the skin, subcutaneous tissue, superficial (extrinsic) and deep (intrinsic) back muscles, the posterior portion of the ribs, and the vertebral column housing the ... In this piece, we will delve into the significance of lower back anatomy, common triggers of lower back pain, strategies for prevention and management, medical interventions, and lifestyle changes for a ... Back pain is one of the most common reasons people seek medical help or miss work. Back pain is a leading cause of disability worldwide. Fortunately, measures can help prevent or relieve most back ... Back pain is a common medical problem. Many factors may cause different types of back pain. Learn the parts of the back & what may be causing your back pain. Nov 13, 2024 · You can develop back pain for many different reasons, including wear and tear on the bones that form your spine, muscles, and other tissues in your back. Nov 1, 2023 · Your back muscles collaborate to allow you to bend over, twist, turn your head, and stretch your back. These muscles also assist you in sitting and standing up straight. The meaning of BACK is the rear part of the human body especially from the neck to the end of the spine. How to use back in a sentence. Synonym Discussion of Back.

[Back Pain Causes - WebMD](#)

Back Pain Symptoms, Types, & Causes | NIAMS

Back: Anatomy, parts, diagrams and function | Kenhub

[BACK Definition & Meaning - Merriam-Webster](#)

BACK definition and meaning | Collins English Dictionary

[Lower Muscles of Back Anatomy and Low Back Pain](#)

[Muscles Of The Back - Anatomy And Function Of All Back Muscles](#)

Back - definition of back by The Free Dictionary

Lower Back Pain: Causes, Symptoms & Treatment - Cleveland Clinic

Back pain - Symptoms and causes - Mayo Clinic

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