



Exploring The Causes of Lower Back Pain: What You Need to Know?

Lower back pain is a common ailment that impacts millions of people worldwide. It can vary from mild discomfort to debilitating pain, disrupting daily activities and affecting quality of life. With such a widespread issue, understanding the causes of lower back pain is essential to find appropriate treatments and preventative measures. In this article, we will discuss the numerous factors contributing to lower back pain, its impact on individuals, and potential steps to take for relief.

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