Masażyści 18.04

Back pain is one of the most common reasons people go to the doctor or miss work, and it is a leading cause of disability worldwide. Most people have back pain at least once.

Fortunately, you can take measures to prevent or relieve most back pain episodes. If prevention fails, simple home treatment and proper body mechanics often will heal your back within a few weeks and keep it functional. Surgery is rarely needed to treat back pain.

Signs and symptoms of back pain can include:

* Muscle ache
* Shooting or stabbing pain
* Pain that radiates down your leg
* Pain that worsens with bending, lifting, standing or walking
* Pain that improves with reclining

Proszęsięzapoznać z tekstem I przetłumaczyćobjawybólupleców (symptoms of back pain)