

# Download Back Pain How To Relieve Low Back Pain And Sciatica

By Dr. Mercola. If you have back pain or sciatic nerve pain, you're not alone. Globally, one out of 10 people suffers from lower back pain, and back pain is also the number one cause of job disability worldwide. Regularly stretching the muscles, tendons, and ligaments that support the spine is an important element of all back exercise programs. Stretches designed to alleviate neck and back pain are likely to be prescribed by a doctor, physical therapist, or spine specialist. Low back pain is one of the most common disorders in the United States. About 80 percent of people have at least one episode of low back pain during their lifetime. Factors that increase the risk of developing low back pain include smoking, obesity, older age, female gender, physically strenuous ... Perhaps you bent the wrong way while lifting something heavy. Or you're dealing with a degenerative condition like arthritis. Whatever the cause, once you have low back pain, it can be hard to ...