

LOWER BACK PAIN



**NON-MECHANICAL
DISEASE PROCESS**



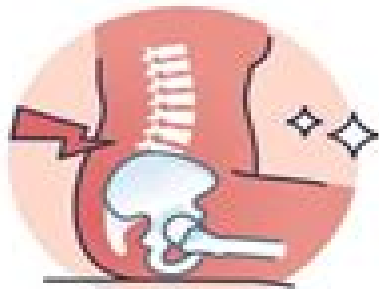
**DEGENERATIVE
CONDITIONS**



HEAVY LIFTING



TRAUMA



**POOR SITTING
POSTURE**



**FREQUENT BENDING
FORWARD**



Lower Back Guide

**Michael A. Adams, Kim Burton, Nikolai
Bogduk**



Lower Back Guide:

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