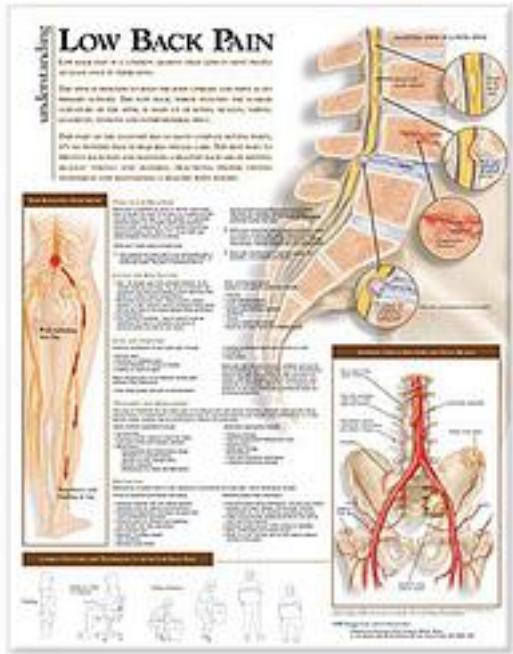


# Understanding Low Back Pain Anatomical Chart



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Using the latest low back pain guidelines from the American Pain Society (APS) and the American College of Physicians (ACP) as a key reference, this visual and textual overview of the condition explains: Types of low back pain Causes and risk factors Signs and symptoms Treatment and management Prevention techniques This chart illustrates: A human figure (posterior view) with pain radiating into the leg and numbness and tingling in the leg Sagittal view of lower spine with: tumor of the spinal cord, bone spur impinging on spinal nerves, compression fractures and herniated disc impinging on spinal nerve Anterior view of the lower spine and pelvis showing tumors, infections, degenerative diseases, ankylosing spondylitis, sacroiliitis, arthritis, and

intrapelvic mass Correct postures and techniques to avoid low back pain

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