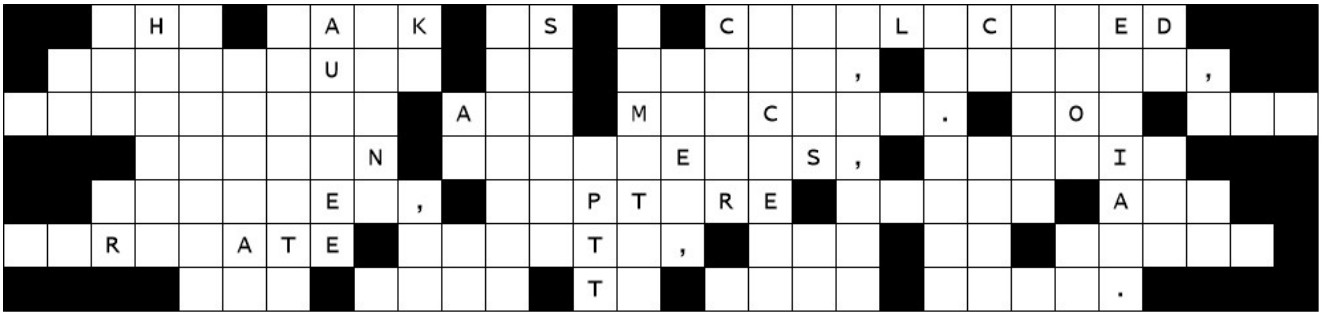
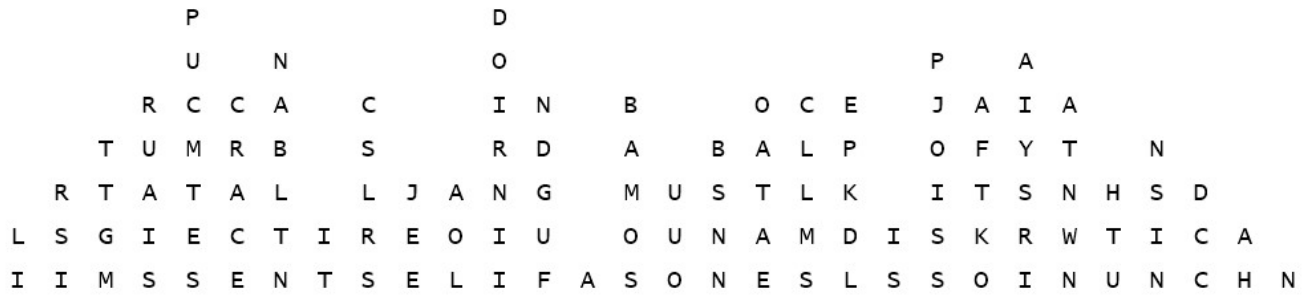
Preventing Back Injuries Fallen Phrases





Answer:

The back is a complicated structure of bones, joints, ligaments and muscles. You can sprain ligaments, strain muscles, rupture disks and irritate joints, all of which can lead to back pain.