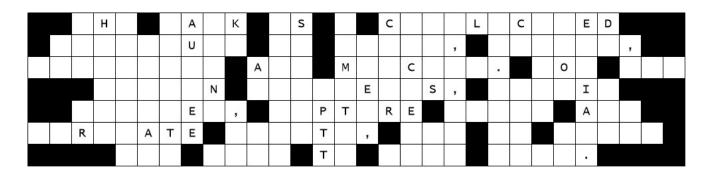
## Preventing Back Injuries Fallen Phrases



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## 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.