

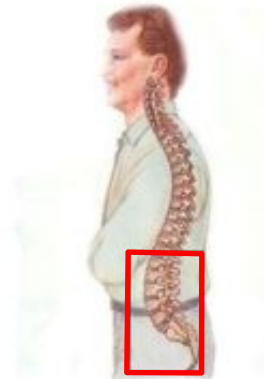
# *Alderete Chiropractic*

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## **Some Causes of Low Back Pain**

**Your low back** is a vulnerable area, constantly under the strain of supporting your upper body. Wear and tear, poor posture, injuries, hereditary weakness, or excess weight can cause a variety of painful low back problems.

**Your low back** is one of the three natural curves of your spine. If that area lacks strength or flexibility, your entire back loses support. This can put pressure on joints, nerves, and discs.



### **Painful and Difficult Problems**

**Vertebrae** are bones that protect your spinal cord. They can be forced or locked out of their proper positions (**mis-aligned**).

**Ligaments and muscles** are supportive tissues that can be stretched, torn, or weakened.

**Discs** are shock absorbers that can bulge, rupture, or wear down.

**Nerves**, which carry the body's messages, can get stretched, pinched, or irritated.

