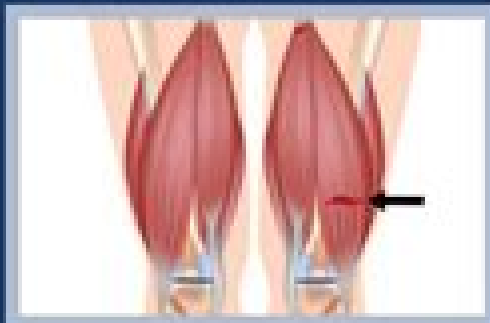


PAIN AND STIFFNESS IN THE LOWER BACK AND HIP

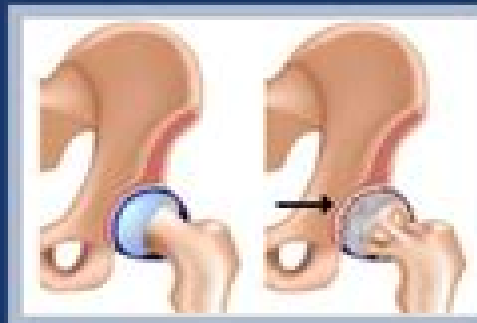


A few common conditions that may cause these symptoms to occur together include:



Strained Hamstrings

A pulled or strained hamstring muscle can cause radiating pain in the lower back and the buttock area. If you exercise a lot and experience severe pain during exercise and tenderness, pain in the thigh muscles, sharp front thigh pain, and tenderness and bruising in the thigh area, it may be due to a strained hamstring.



Osteoarthritis of the Hip

Age-related degeneration of the hip joint can cause pain in the lower back and stiffness in the hips. As the cartilage in the hip joint gradually wears away over time, it becomes frayed and rough, and the protective joint space between the bones decreases.



Disc Herniation

A herniated disc occurs when one of the cushioning discs between the vertebrae slips out of place. This disc can put pressure on a nearby nerve that leads to tingling and burning pain in the lower back that extends to the hips and legs.

Low Back And Hip Vhs

Michal Rosen-Zvi



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Catalogue of Films and Videos in the British Medical Association Library British Medical Association. Library,1993 *Bowker's Complete Video Directory* ,2000 **The Video Source Book** David J. WEINER,1990
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In some sort of inundated with displays and the cacophony of instantaneous interaction, the profound energy and mental resonance of verbal art often fade into obscurity, eclipsed by the continuous assault of noise and distractions. Yet, set within the lyrical pages of **Low Back And Hip Vhs**, a captivating perform of literary beauty that impulses with organic feelings, lies an unique trip waiting to be embarked upon. Composed with a virtuoso wordsmith, that mesmerizing opus guides viewers on a psychological odyssey, softly exposing the latent possible and profound affect embedded within the intricate web of language. Within the heart-wrenching expanse with this evocative analysis, we will embark upon an introspective exploration of the book is main subjects, dissect their fascinating writing fashion, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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