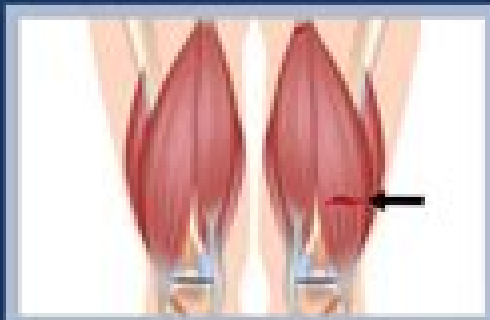


PAIN AND STIFFNESS IN THE LOWER BACK AND HIP

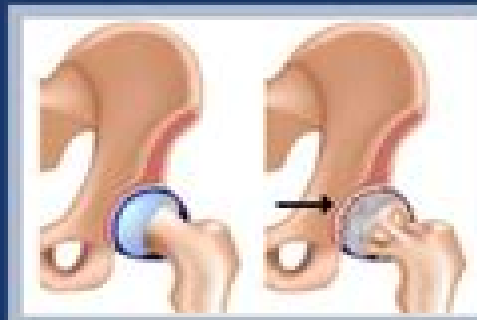


A few common conditions that may cause these symptoms to occur together include:



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.

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Yicheng Fang



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