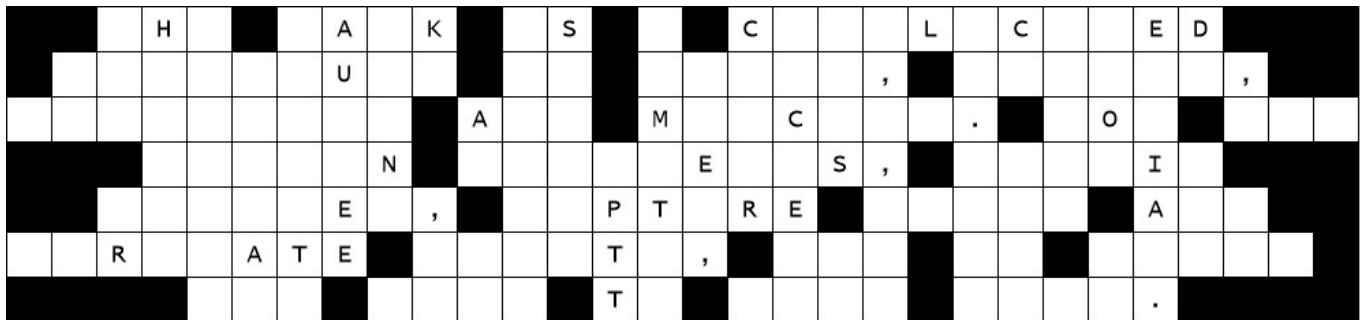


Preventing Back Injuries Fallen Phrases



P D
 U N O P A
 R C C A C I N B O C E J A I A
 T U M R B S R D A B A L P O F Y T N
 R T A T A L L J A N G M U S T L K I T S N H S D
 L S G I E C T I R E O I U O U N A M D I S K R W T I C A
 I I M S S E N T S E L I F A S O N E S L S S O I N U N C H N

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.