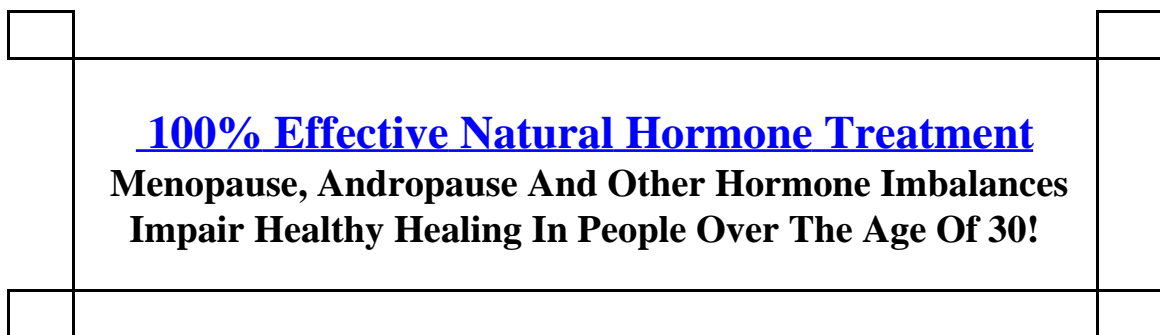


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**Addressing The Cause And Finding A Cure: Why Cause is Everything When It Comes To Low Back Pain**

**By Steve Preston**

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Let\*s take a look at each of these more closely.

Poor Posture

Injury

Muscle Imbalances

Improper Lifting

Extra Weight

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## Living With Chronic Low Back Pain

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