

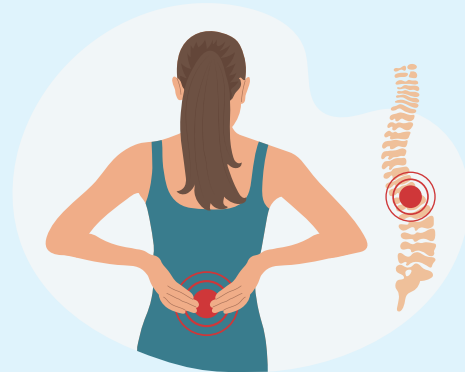
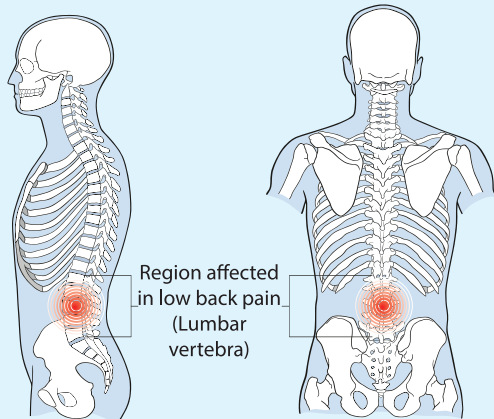
# A Complete Guide to **LOW BACK**



# **PAIN**



Low back pain is the pain and stiffness in the lumbar region, an area present between the lower rib and buttocks



**50%-80%** of people experience an episode of lower back pain during their lifetime

**1 in 4** individuals suffer with serious issue like slip disc

## • Risk factors for low back pain •



Age > 30 years, back pain affects **31.6%** of females and **28%** of males



Physical inactivity and prolonged sitting



Overweight/obesity



Work demanding heavy lifting or sedentary working hours



Genetics



Incorrect posture

If your pain does not go away with basic home remedies and treatment, it's time to consult a **Pain Physician** – an expert in treating chronic pain. Majority of patients do not require surgery. Your **Pain Physician** may recommend **Minimally Invasive Pain and Spine Interventions (MIPSI)**

**Benefits of MIPSI**



Active and pain-free life



Early return to work



Improved quality of life



Issued in Public Interest by



Program sponsored by  
**Mylan Pharmaceuticals Pvt. Ltd.**  
A Viatrix Company

