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A journey to recover from back pain usually works if combined with various entities. First, it's crucial, if possible, to identify the cause of your pain. Keeping good posture while sitting, standing, and lifting can prevent future flare-ups. Weight control, quitting smoking, and an anti-inflammatory diet are essential ingredients for good back health. Treatments based on the severity of your pain may include mild heat or cold therapy, over-the-counter pain relievers, or physical therapy. If you are unable to control the pain with self-care measures, then consider consulting a doctor for a possible prescription medication, injections of anesthetic in the doctor office, or, extremely rare, surgery. Remember that one cannot recover from Fort Lauderdale Back Pain without patience and consistency that usually involve time and devotion for a fully viable pain-free back.

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