

Back Strain Upper Back

One region includes the southernmost tip of the continent, including South Africa, Namibia, Botswana and Zimbabwe. The other area is along the eastern coastline, including Kenya, Somalia, Djibouti, Eritrea, and Ethiopia. It is listed on the IUCN Red List as least concern due to its widespread range and adaptability, although it is still persecuted as a livestock predator and rabies vector.

Hyperextension explained == Anatomy of the back == Lordosis in the human spine makes it easier for humans to bring the bulk of their mass over the pelvis. This allows for a much more efficient walking gait than that of other primates, whose inflexible spines cause them to resort to an inefficient forward-leaning "bent-knee, bent-waist" gait. As such, lordosis in the human spine is considered one of the primary physiological adaptations of the human skeleton that allows for human gait to be as energetically efficient as it is. Nightly rotator cuff impingement may lead to an asymptomatic shoulder impingement, leading to neck pain. Neck pain can be caused by other spinal problems, and may arise from muscular tightness in both the neck and upper back, or pinching of the nerves emanating from the cervical vertebrae.

Lordosis Overuse – Over 45% of anatomical sites of injury in dancers are in the lower back. This can be attributed to the strains of repetitive Lordosis is historically defined as an abnormal inward curvature of the lumbar spine. The term comes from Greek lordos 'bent backward'. However, the terms lordosis and lordotic are also used to refer to the normal inward curvature of the lumbar and cervical regions of the human spine. The normal outward (convex) curvature in the thoracic and sacral regions is also termed kyphosis or kyphotic. a dancer's back. Similarly, kyphosis historically refers to abnormal convex curvature of the spine

== Signs and symptoms == The majority of back pain is nonspecific and idiopathic. Common underlying mechanisms include degenerative or traumatic changes to the discs and facet joints, which can then cause secondary pain in the muscles and nerves and referred pain to the bones, joints and extremities. Diseases and inflammation of the gallbladder, pancreas, aorta and kidneys may also cause referred pain in the back. Tumors of the vertebrae, neural tissues and adjacent structures can also manifest as back pain. Software for RSIs generally addresses these functional categories: The structure of the back varies from horse to horse and varies a great deal by breed, age and condition of the animal. == Taxonomy... == The head is supported by the lower neck and upper back, and it is these areas that commonly cause neck pain. If this support system is affected adversely, then the muscles in the area will tighten, leading to neck pain. Various software is available to aid individuals in avoiding injury or manage current discomfort/injury associated with computer use.

Human back By far the most common cause of back pain is muscle strain. The back muscles can usually heal themselves within a couple of weeks The human back, also called the dorsum (pl. It is the

surface of the body opposite from the chest and the abdomen. common being headaches). The breadth of the back is created by the shoulders at the top and the pelvis at the bottom. The vertebral column runs the length of the back and creates a central area of recession. : dorsa), is the large posterior area of the human body, rising from the top of the buttocks to the back of the neck
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Lumbar hyperlordosis is excessive extension of the lumbar region, and is commonly called hollow back or saddle back (after a similar condition that affects some horses). Sway back is a different condition with a different cause, that at... bf7eb06cf6 In most cases, the pain is likely to be self-limiting; in that case no diagnostic tests are required, and simple pain relief is sufficient. More severe and prolonged cases may require more specific pain management strategies and occasionally investigations for underlying medical diseases. bf7eb06cf6 Because there is not a universally accepted classification for neck pain, it is difficult to study the different types of pain. In 2020, neck pain was the second most common cause of disability in the United States and cost \$100 billion in health care spending. bf7eb06cf6

Hyperextension (exercise) These are formed of three smaller muscles – spinalis, longissimus, and iliocostalis. There are two erector spinae, one on either side of the spine, that run along its length. A hyperextension or back extension is an exercise that works the lower back as well as the mid and upper back, specifically the erector spinae muscles A hyperextension or back extension is an exercise that works the lower back as well as the mid and upper back, specifically the erector spinae muscles bf7eb06cf6

It also plays a prominent role in African folklore, often depicted as a cunning and adaptable trickster figure. Despite ongoing conflict with humans due to livestock predation, its populations remain stable thanks to its resilience and adaptability across diverse landscapes. bf7eb06cf6 Neck pain may come from any of the structures in the neck including: vascular, nerve, airway, digestive, and musculature / skeletal, or be referred from other... bf7eb06cf6

Black-backed jackal Sheep losses to black-backed jackals in a 440 km² study area in KwaZulu-Natal consisted The black-backed jackal (*Lupulella mesomelas*) is a medium-sized canine native to eastern and southern Africa. and poultry, and associate jackal presence with economic strain. These regions are separated by roughly 900 km (560 mi) bf7eb06cf6

Backstroke is an ancient style of swimming, popularized by Harry Hebner. It was the second stroke to be swum in competitions after the front crawl. The first Olympic backstroke competition was the 1900 Paris Olympics men's 200 meter. bf7eb06cf6 == Software categories == bf7eb06cf6 Back pain is a common medical condition, generally benign in origin. bf7eb06cf6 The central feature of the human back is the vertebral column, specifically the length from the top of the thoracic vertebrae to the bottom of the lumbar vertebrae, which houses the spinal cord in its spinal canal, and which generally has some curvature that gives shape to the back. The ribcage extends from the spine at the top of the back (with the top of the ribcage corresponding to the T1 vertebra), more than halfway

down the length of the back, leaving an area with less protection between the bottom of the ribcage and the hips. The width of the back at the top is defined by the scapula, the broad, flat bones of the shoulders.

Back (horse) These two sections of the vertebral column beginning at the withers, the start of the thoracic vertebrae, and extend to the last lumbar vertebra. Compensating for any type of limb, joint, or hoof injury can make a horse put extra stress on its back, which can lead to back problems. The back is the area of horse anatomy where the saddle goes, and in popular usage extends to include the loin or lumbar region behind the thoracic vertebrae that also is crucial to a horse's weight-carrying ability. themselves to strain. Because horses are ridden by humans, the strength and structure of the horse's back is critical to the animal's usefulness.

Repetitive strain injury software Such injuries are more likely if the movements required force or were accompanied by vibrations, compression, hyperextension, or the maintenance of sustained positions. Repetitive strain injuries (RSI) are injuries to the body's muscles, joints, tendons, ligaments, bones, or nerves caused by repetitive movements. Prolonged use of computer equipment can result in upper limb disorders, notably in the wrist or the back. Such Repetitive strain injuries (RSI) are injuries to the body's muscles, joints, tendons, ligaments, bones, or nerves caused by repetitive movements. RSIs are a subset of musculoskeletal disorders.

Back pain is common; approximately nine of ten adults experience it at some point in their lives, and five in ten working... It has a reddish brown to tan coat and a black saddle that extends from the shoulders to the base of the tail. It is a monogamous animal, whose young may remain with the family to help raise new generations of pups. The black-backed jackal has a wide array of food sources, feeding on small to medium-sized animals, as well as plant matter and human refuse. == History == The thoracic spine begins at the base of the neck and extends to the middle of the trunk. Any pain in this area is considered "middle back pain". As of 2020, neck pain affected about 203 million people globally, with females having higher prevalence. == Differential diagnosis == == Structure ==

Neck pain Referred pain – mostly from upper back problems Over-use – muscular strain is one of the most common causes Whiplash Pinched nerve Neck pain, also known as cervicalgia, is a common problem, with two-thirds of the population having neck pain at some point in their lives. that are really minor

The exact symptoms associated with middle back pain will depend upon the underlying cause. Most middle back pain is not serious in nature. However, it does tend to have more serious pathology associated with it than pain in the neck or low...

Back pain abnormalities on diagnostic tests can be found. The lumbar region is the most commonly affected area. It may be classified as neck pain (cervical), middle back pain (thoracic), lower back pain (lumbar) or coccydynia (tailbone or sacral pain) based on the segment affected. The pain may be characterized as a dull ache,

shooting or piercing pain or a burning sensation. Discomfort can radiate to the arms and hands as well as the legs or feet, and may include numbness or weakness in the legs and arms. Nonspecific back pain can result from back strain or sprains, which can cause peripheral injury to muscle. Back pain (Latin: dorsalgia) is pain felt in the back. An episode of back pain may be acute, subacute or chronic depending on the duration.

The thoracic vertebrae are the true "back" vertebral structures of the skeleton, providing the underlying support of the saddle, and the lumbar vertebrae of the loin provide the coupling that joins the back to the hindquarters. Integral to the back structure is the rib cage, which also provides support to the horse and rider. A complex design of bone, muscle, tendons and ligaments all work together to allow a horse to support the weight of a rider.

Backstroke In individual medley backstroke is the second style swum; in the medley relay it is the first style swum. At the height of the shoulders, the upper and lower arms should have their maximum extension. Backstroke or back crawl is one of the four swimming styles used in competitive events regulated by FINA, and the only one of these styles swum on the back. The swimmer pushes the maximum amount of water back in order to push the body forward. Both backstroke and front crawl are long-axis strokes. The swimming style is similar to an upside down front crawl or freestyle. This swimming style has the advantage of easy breathing, but the disadvantage of swimmers not being able to see where they are going. It also has a different start from the other three competition swimming styles.

Middle back pain The upper spine is very strong and stable to support the weight of the upper body, as Middle back pain, also known as thoracic back pain, is back pain that is felt in the region of the thoracic vertebrae, which are between the bottom of the neck and top of the lumbar spine. It has a few potential causes, ranging from muscle strain to collapse of a vertebra or rare serious diseases. The upper spine is very strong and stable to support the weight of the upper body, as well as to anchor the rib cage which provides a cavity to allow the heart and lungs to function and protect them.

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