

Pain that is worse when [sitting](#). While seated, the lower back discs have three times more load on them than when standing.

Pain that gets worse when [bending](#), [lifting](#), or [twisting](#).

From:

<https://neurosurgerywiki.com/wiki/> - Neurosurgery Wiki



Permanent link:

<https://neurosurgerywiki.com/wiki/doku.php?id=bending>

Last update: **2025/05/13 02:21**