

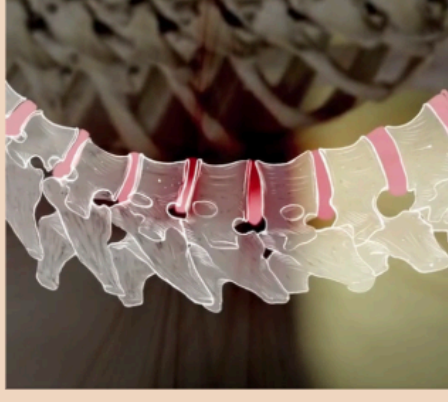
[Link to video](#)

EVOLUTION OF BACK-ACHES

Names of Presenters: Louise and Devon

Transition:

- Primates started on all fours
- Their backs were horizontal, and it slowly evolved upright into a vertical position
- Weren't able to balance without creating curves and ridges in the spinal bone.
- The back bone now has three curves (looks like an 'S') in it so it can stand upright without our head going too far back.



Back problems:

- The spine goes under a lot of pressure and at the apex point of the back
- If too much pressure is there, then it will cause a wedge fracture
- Back pain due to these pressures and fractures

Xx
Xx