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Sir Mix-A-Lot may have messed up these lyrics more than 20 years ago, but our fascination with the homeless remains. In fact, from Iggy Azalea's derriere to Sofia Vergara's ridiculously toned tush, the backs have replaced breasts as part of it's body of the decade. But there's no reason to worry if you think yours isn't up to hair: If your pain-in-the-ass covers focus on health issues (sciatic, anyone?) or more cosmetic issues (hello, cellulite!), we've got them covered. What is Pain (often located in the lower back or hip) that travels along the sciatic nerve, which runs from the lower back down through each of your legs. Most of the time, sciatica is due to a disc hernia, which inflates and compresses the nerve. But sometimes it is caused by piriformis syndrome, which is when the piriformis bandlike muscle (extends from the sacrum to the top of the thigh bone) squeeze the sciatic nerve. You will most likely experience the first signs between the ages of 30 and 50. Years of sitting can increase the risk of sciatica, says Wellington Hsu, MD, professor of orthopedic surgery at Northwestern University Feinberg School of Medicine. There is also a genetic component. Sciatica can sometimes occur during pregnancy, when the expanding uterus can push against the nerve. e, from a dull pain to a fireproof or a knife ache to an electric shock. Rx A primary care physician or orthopaedic specialist should be able to diagnose sciatica through a physical examination. Usually, the condition improves with over-the-counter or prescription anti-inflammatory or muscle relaxants, stretching exercises or physical therapy. An injection with could work for short-term improvement. If the pain persists for more than six weeks, you may need an MRI to identify the cause. Problem No. 2: Sacroiliac joint pain What is pain around the sacroiliac joint, located in the lower back where the spine and pelvic bone meet. Although it is common to have discomfort in during and post-pregnancy (as the pelvis widens to prepare for childbirth, ligaments stretch and tug on the joint, causing pain), many women experience due to muscle tightness or weakness. Don't ignore the injured: This could mean that the cartilage between the bones is wearing down, which can lead to arthritis. What feels like pain in the lower back and hip (often on the one hand), which worsens with bending or activity; tends to be more severe after you stay for long periods of time and feels better when you lie down. Rx It can be diagnosed by your primary care physician or an orthopaedic specialist with a physical and x-ray exam. Treatment is usually conservative: over-the-counter anti-inflammatory and, if necessary, an injection of cortisone right into the joint to relieve pain. The best prevention is a strong nucleus, which helps to remove pressure from the joint by strengthening the surrounding muscles. Talk to your doctor about moves (such as planks and hip raises) to do on your own. What hole?! If you notice blood in the house or on toilet paper, or itching and swelling around the anus, you may have hemorrhoids. The most common risk factor, says Steven Naymagon, MD, gastroenterologist at Mount Sinai Hospital: constipation. Your MD can tell if you have external hemorrhoids (under the skin around the anus) by examining the area; Hemorrhoids inside the rectum can also usually be diagnosed by a manual examination, but if there is bleeding, you may need a colonoscopy or flexible sigmoidoscopy to rule out something scary, it would be colon cancer. Treatment is usually over-the-counter products with witch hazel or hydrocortisone to relieve swelling and/or itching, as well as soaking in a warm sitz bath. Also key: Slowup up fiber intake from 25 to 30 grams per day, and drink a lot of water. If that doesn't work, Dr. Naymagon adds, your doc can perform a procedure in the office known as a rubber band ligation, where she places a band around the hemorrhoids to reduce circulation (band, and roid, falls within a week). What is a lesion to one of the hamstring muscles that run down the back of the thighs from the pelvis. While it can happen to anyone who is active, you're more sensitive as you get older because your muscles tighten as you age, says Jordan Metzl, MD, a sports medicine physician at the Hospital for Special Surgery in New York City. How does it feel a sharp pain in the back of the butt or foot during activity (when the actual strain occurs), as well as afterwards, along with swelling and bruising. Rx The first step is RICE: rest, ice (use cold packs 20 minutes at time, several times a day), compression with a bandage around the thigh and elevation. If you are hobbling for more than a few days, see your primary care physician or a sports medicine specialist. You can have an X-ray or MRI to see if it is a full tear or a strain, and can get crutches or a prescription for physical therapy. Get stronger, healthier, happier to receive our best tips, ours, recipes, and more. Often filled with jargon, acronyms, and directions that require a PhD to understand, software usage manuals are sometimes written from the point of view of a developer rather than a user. As a result, the guide can make assumptions about the skill level of the reader, which are often incorrect. The first step in writing a good user manual is to get the actual writing process as far away from the engineers as possible. The software developer knows more than anyone what the software does working, but that doesn't mean that the developer should write the guide. On the contrary, it is a distinct disadvantage. More important than a deep understanding of the inner functioning of the software is an understanding of who the end user will be, what his level of education is, and how the end user will be using the software. In most cases, end users don't need to know the fine programming points and back-end operation of the software — they just need to know how to use it to make their jobs easier. The user manual should be largely task-oriented rather than very descriptive. Since the manual is written to help users understand to perform specific tasks, the writer must have an understanding of these tasks as well, and as a result, going through every discrete step of each feature is absolutely essential. It is not necessary for the writer to know the program was created from a point of view of design or development, but it is essential to have a strong working knowledge of all its characteristics. As you run each task, take the time to note each step, including clicks, drop-down menus, and other actions. Although the developer should not be the one who writes the manual, it will still be a valuable resource for the writer, and before writing begins, plan a kickoff meeting between the writer, developer and engineers, and potential end users to help inform the writer's work from the beginning. Interviews with experts and engineers in the field should be recorded, with transcripts made for further reference. A user manual doesn't have to be too hard to text. Rather, include the liberal use of graphics and screen clips. The description of an action is much clearer, with text-based directions accompanied by a screen clip that clearly illustrates that direction. Include both before and after views to show the screen before you take each action and what happens after the action has been taken. A simple screenshot utility, such as the Crop Tool included in Microsoft Windows, works well for capturing these images. Make sure you count each picture and include a describing it briefly. Center it immediately below the paragraph that first introduces the concept described in the image. Clear communication in a technical document requires planning and careful compliance with standards throughout the guide. Standards in both presentation, language and nomenclature help to avoid confusion. Templates are also available be a good starting point for uniformity, although they can certainly be adapted to suit each situation. Using a one-inch one-column margin best suits the need to add graphics; a two-column setting may seem too crowded and can make the placement of images confusing. More than any other type of document, a software user guide is likely to go through multiple iterations before it is completed and is likely to go through a review process by multiple stakeholders. Using Track Changes in Microsoft Word is an easy way to track each individual's comments and changes. Creating multiple versions after each review cycle, each with a different file name, also helps the process along and ensures that all stakeholders are satisfied with the end result. Result.

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