

### Things That Are Causing Our Lower Back Pain

by Baron von Funny

Two studies that were released this week determined that lower back pain causes more work-related disability than any other medical problem, and that nearly one in ten people around the world suffer from the condition. So what's causing this epidemic of lower back pain?

### Things That Are Causing Our Lower Back Pain

—Smuggling missing Malaysian jetliners under our coats. (*Jameson*)

—Falling-off-a-horse craze that's sweeping the nation (also known as Christopher Reeves-ing). (*Matt*)

—Having sex through a window. (*Brandon*)

—Getting stabbed in the back! You know what I'm talking about, STEPHANIE!!!! (*Dan*)

—Bending over 20. Times. Every. Fucking. Day. To pick up our goddamn kids' toys. (*Mike*)

—Throwing increasingly heavier and heavier objects at the TV during yet another dreadful, phoned-in final season episode of *How I Met Your Mother*. (*Joe*)

—With the rise of college graduates moving back in with their parents, more and more high school students are moving back into their Snugli. (*Jameson*)

—Deeeeeeep dicking. (*Matt*)

—Worrying about Gwyneth Paltrow and Chris Martin. NO, NOT CHRYNETH!! (*Brandon*)

—Carrying life savings in a fanny pack due to distrust of government. (*Dan*)

—New "Low Back Attack 6000" office chairs. (*Mike*)

—Tramp stamps and costly tramp stamp removal. (*Jameson*)

—Many people fall on knives at some point in their life and simply forget to do anything about it. (*Matt*)

—Too much humping on Hump Day. (*Brandon*)

—Putting my back in the microwave. I swear to god, I thought it would help! (*Dan*)

—Carrying this goddamn firm for the last six years, GARY AND STU. (*Joe*)

—Rape culture. (*Jameson*)

—Possibly related to massive popularity of new reality show *Kick a Stranger in the Back!* (*Brandon*)

—Constantly using heightened level of adrenaline to lift cars off of trapped loved ones. (*Dan*)

—Addiction to glory holes. (*Matt*)

—Tying our damn shoes! (*Dan*)

—Carrying that huge head around (Newt Gingrich and Chris Matthews only). (*Jameson*)

—Stretches designed to relieve our upper back pain. (*Brandon*)

—Renting this stupid back-punching machine. (*Dan*)

—Lugging around two whole studies' worth of back research and charts. (*Jameson*)

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