

Kroppssmart

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Natur & Kultur

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socialstyrelsen.se

svos.se Svenska Osteoporossällskapet – Intresseförening för osteoporos

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Övrigt

Belastning på ländryggen i olika kroppspositioner, uppmätt som trycket i L3-L4-disken
(Källa: Nachemson A: Spine 1:59-71, 1976.)

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