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Get stronger, healthier, happier to get the best tips, workouts, recipes and more. Getty Images Baby is back! 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 fireflight 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. A cortisone injection could work for short-term relief. 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. While it is common to have discomfort in the area 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 staying for long periods of time and feels better when you're stretching. 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 eliminate pressure 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 ur 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 a 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. Switch to headerSkip to main skip content in the basementThese banks cut fees and load on benefits for customers who keep considerable amounts in deposit and investment accounts. In addition, they provide heritage management services and access to branches for in-person services. Why it won: Citi is aimed at customers who can keep their balances hefty with a convincing premium verification account. Standout account: For those who have at least \$200,000 in related deposit accounts, retirement and investment, citigold package tucks in plenty of Where it is: Nearly 700 branches in 10 states, with the basic markets of Chicago, Los Angeles, New York City, Miami, San Francisco and Washington, DC Plus, Citi has more than 1,800 overseas branches. (The terms and charges are for New York City.) Citigold's premium verification package continues to shine, giving Citi a boost at the top of our high-net-worth-worth-families ranking for four years of running. Citigold Citigold obtain a rich assortment of freebies and discounts, including dropped fees for standard cheques, payment orders, bank transfers received, stop payments, overdraft transfers and foreign debit card transactions. You are refunded all ATM fees from outside the network around the world and get your preferred rates on deposit accounts and loans. (Citigold customers earn a rate of 0.03% on verification and up to 0.15% on a savings account, depending on the balance. Citi's top CD rates include 0.45% over a three or six month term with a minimum deposit of \$500.) If you have a Citi investment account, you will pay no annual fee, and online transactions or mobile capital are a \$2.95 discount each. Citigold members who use the Citi Prestige premium credit card (\$495 annual fee) get a \$145 credit statement each year. Citigold also comes with a dedicated banking team, including a relationship manager and a financial advisor. Analytics company J.D. Power recently ranked Citibank as the highest quality of banks for customer satisfaction with its consulting services. Those who keep at least \$1 million in linked accounts are eligible for Citigold Private Client, which comes with improved benefits, would be additional wealth planning and investment services, higher daily limits for purchases, transfers and cash withdrawals (e.g. private client clients can make up to \$5,000 in ATM withdrawals per account each business day, compared to \$2,000 for the standard Citigold package), and free domestic and international exit transfers. LICENSING OPTIONS FOR WINNING BANKS: Logo Licensing • Reprint/E-Print Products • PlaquesCitigold offers invigorating advantages that also exceed everyday banking needs. (Note that due to the pandemic, many of the following events and services may be temporarily unavailable.) At more than 100 Citigold lounges around the world (attached to the bank's properties), members can relax and enjoy complimentary refreshments and Wi-Fi. The Culture Pass program offers access only to special events and private tours to museums and other places, free access to institutions such as the Los Angeles County Museum of Art and a 30% discount on shows in places such as the New York Philharmonic. You will also enjoy premium seats at select sporting events (such as New York Mets games at Citi Field), seminars on the economic and financial market, and private dining events. Currently, Citigold customers in a handful of states can get discounts of up to \$200 per year on certain subscription services, including Amazon Prime, Costco subscriptions, Hulu, and TSA Precheck or Global Entry for accelerated airport security verification; the program will reach Citigold customers at the early 2021. Why won: Chase has different levels of accounts and services for customers with large deposits and a large-scale brick-and-mortar presence for those who prefer attention in person. Standout Account: Keep at least \$75,000 in deposit and investment accounts to avoid a monthly fee and get benefits with Sapphire Checking. Where is: Approximately 4,900 branches in 38 states, with many locations concentrated in the West, South, Midwest and Mid Atlantic. (The terms and charges are for Columbus, Ohio.) If you have \$75,000 or more in deposits and investments, you can find appeal in the chase's Sapphire Checking account. You are refunded for atm fees outside the network, both domestically and internationally, and you do not pay any fees for personal cheques, cashier checks, payment orders, payment stops, bank transfers or foreign debit card transactions. Share transactions, exchange-traded funds and options are commission-free through the online investment service you invest by J.P. Morgan. 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