



Low Back Pain Management: Clinical Advances and Perspectives

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Message from the Guest Editor

Dear Colleagues,

Low back pain (LBP) is a worldwide public health concern, carrying the greatest disability burden globally, both in terms of disability-adjusted life years and years lived with disability. To date, however, while promising multi-dimensional risk stratification tools and biopsychosocial models exist, they have been poorly integrated or tested in clinical trials. Furthermore, while altered paraspinal muscle composition is a key finding in chronic LBP, the effect of exercise therapy on paraspinal muscle morphology and function remains poorly understood.

With these points in mind, the *Journal of Clinical Medicine* is launching this Special Issue to update many clinical advances and perspectives for the treatment of LBP. A number of topics will be considered: epidemiological data, prevention, exercise and therapeutic treatment approaches and paraspinal muscle health. We warmly invite you to submit articles reporting on the evidence and expectations from targeted therapeutic interventions, with a special focus on individualized approaches. Manuscripts may differ from literature reviews to original research (e.g., clinical trials, cohort studies, case control studies).





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