

## Special Issue

# Advancing Our Understanding and Management of Low Back Pain: A Global Perspective

### Message from the Guest Editor

Low back pain (LBP) is among the most common musculoskeletal conditions, affecting up to 18.3% of the global population. It is notable for its high recurrence rate, with up to 76% of individuals experiencing more than one episode. LBP can persist over long periods, with pain and disability continuing for 6 to 24 months in 54% and 47% of patients, respectively, often ranging from moderate to severe intensity. This condition impacts people of all ages and has seen a 54% increase in disability-adjusted life years between 1990 and 2015, highlighting its substantial socioeconomic burden. While LBP can sometimes result from specific pathoanatomical conditions affecting the lumbar spine, the vast majority of cases (90–95%) are categorized as non-specific LBP, as no identifiable cause can be determined. This Special Issue aims to bring together cutting-edge research and expert reviews to enhance our understanding of LBP, explore innovative diagnostic and therapeutic approaches, and evaluate strategies to reduce its global impact. As such, original research articles, reviews, clinical studies, and perspective papers that contribute to advancing the field are welcome.

### Guest Editor

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