

Although [low back pain pathogenesis](#) is very heterogenic, intervertebral disc degeneration (IVD) is commonly regarded as a cornerstone of the cascade of phenomena that produce [lumbar degenerative spondylosis](#) (LDS). It is estimated that the majority of the population is supposed to experience LBP at some point in their lives. The 1-year incidence of the first-ever LBP episode varies from 6.3 to 15.4%, while the 1-year incidence of any LBP episode varies from 1.5 to 36%, with episode remission at 1 year ranging from 54 to 90% ¹⁾

¹⁾

Hoy D, Brooks P, Blyth F, Buchbinder R. The Epidemiology of low back pain. Best Pract Res Clin Rheumatol. 2010 Dec;24(6):769-81. doi: 10.1016/j.berh.2010.10.002. PMID: 21665125.

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