

Chronic Low Back Pain Etiologies - A Brief Review

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The patients who are suffering from acute low back pain can have the pain for more than three months and develop the chronic low back pain. Although this rate is about five percent of all the cases, but knowing the causes of chronic low back pain is of importance to treat the affected patients better. This is a brief review on the etiologies of chronic low back pain.

Apart from all of the causes of acute and subacute low back pain which can cause chronic low back pain either, there are various pathologies which can cause chronic low back pain including nonorganic and metabolic causes, degenerative diseases and inflammatory disorders. Arachnoiditis, rheumatoid arthritis and ankylosing spondylitis are among the inflammatory causes.

Lumbar spinal stenosis, lumbar disk disease, lateral recess syndrome, spondylolisthesis, spondylosis, spondylolysis and facet arthrosis and synovial cysts are among the degenerative causes. Substance use and psychiatric pathologies are the nonorganic causes. Hyperparathyroidism, gout, osteoporosis, neuropathy due to diabetes and Paget's disease are among the metabolic causes of the chronic low back pain.

It is important for the clinicians to be familiar with the etiologies of chronic low back pain to approach the affected patients appropriately during clinical practice [1-4].

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