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# Lumbar muscle structure and function in chronic versus recurrent low back pain: a cross-sectional study

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## Abstract

### BACKGROUND CONTEXT

Heterogeneity exists within the low back pain population. Some patients recover after every pain episode, whereas others suffer daily from LBP complaints. Until now, studies rarely make a distinction between recurrent low back pain (RLBP) and chronic low back pain (CLBP), although both are characterized by a different clinical picture. Clinical experiences also indicate that heterogeneity exists within the CLBP population. Muscle degeneration, like atrophy, fat infiltration, alterations in muscle fiber type and altered muscle activity, compromises proper biomechanics and motion of the spinal units in low back pain (LBP) patients. The amount of alterations in muscle structure and muscle function of the paraspinal muscles, might be related to the recurrence or chronicity of LBP.

### PURPOSE

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