

OARSI – Spinal Discussion Group Activity

The Intersection between LBP and OA: An argument towards a common disease continuum between the axial and appendicular skeleton

When: Friday, April 19, 2024 at 12.30 pm

Duration: 60 minutes

Low back pain (LBP) and joint pain from osteoarthritis (OA) are highly prevalent and poorly managed clinical presentations. Combined they are by far the most prevalent musculoskeletal presentations and the number one cause of pain and years lived with disability on the planet. However, these two common clinical presentations are typically viewed as distinct entities with research in the two fields (LBP and OA) as well as clinical management often occurring in a vacuum without adequate consideration of the co-occurrence and co-dependence of both conditions, particularly as we age. There is growing evidence of considerable epidemiological, pathophysiological, molecular and clinical overlap that suggest an intersection along a common disease continuum that is most in keeping with OA. With this in mind, we propose a panel discussion with key opinion leaders in the field of OA and LBP to explore whether symptomatic spine osteoarthritic phenotypes (disc and facet) can be considered part of the OA continuum.

The guided panel discussion will be preceded by 4x5-minute presentations which will set the scene by succinctly describing:

1. Similarities and differences in the epidemiology (i.e. risk factors, prognostic factors, clinical course) between spine and appendicular joint pain. Presenter: Prof Amanda Nelson
2. Molecular similarities and differences between intervertebral disc and cartilage degeneration. Presenters: Prof Danny Chan and Prof Mohit Kapoor
3. Commonality of the patient experience (i.e. illness) of spine and appendicular joint pain. Presenter: Prof Manuela Ferreira

The presenters will then be joined by the following panellists to hold a guided and moderated discussion (30 minutes + 10-minute Q&A):

1. Prof Stefan Lohmander
2. Prof Jeff Katz
3. Prof Elena Losina
4. Prof Amanda Nelson
5. Prof Danny Chan
6. Prof Mohit Kapoor
7. Prof Manuela Ferreira

Moderators: Prof Raja Rampersaud and Prof Chris Little