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Introduction

Chronic back pain is a complex and debilitating condition that significantly impacts the quality of life of affected individuals. Defined as pain persisting for more than three months, chronic back pain is associated with functional limitations, reduced work productivity, and increased healthcare utilization [1]. The prevalence of chronic back pain is on the rise globally, posing a considerable burden on healthcare systems and society as a whole. Effective management of chronic back pain requires a comprehensive approach that addresses the underlying physical, psychological, and social factors contributing to the condition.

This research article aims to explore evidence-based strategies for the management of chronic back pain, with a focus on promoting wellness and improving patient outcomes [2].

Exercise Therapy

Exercise therapy plays a central role in the management of chronic back pain by improving strength, flexibility, and overall physical function. Evidence suggests that both aerobic exercise and strength training can reduce pain and disability in individuals with chronic back pain [3]. Exercise programs tailored to the individual's needs and preferences, supervised by a qualified healthcare professional, are recommended to ensure safety and effectiveness. Additionally, incorporating mind-body exercises such as yoga and tai chi can help reduce stress and improve mindfulness, contributing to pain relief and overall well-being.

Cognitive-Behavioral Therapy

Cognitive-behavioral therapy (CBT) is an effective psychological intervention for chronic back pain management, targeting maladaptive thoughts and behaviors that contribute to pain perception and disability. CBT aims to help individuals develop coping strategies, enhance self-efficacy, and promote positive behavioral changes [4]. Techniques such as relaxation training, cognitive restructuring, and activity pacing are commonly used in CBT interventions for chronic back pain. Moreover, integrating mindfulness-based approaches into CBT can further enhance its effectiveness in managing pain and improving psychological well-being.

Pharmacotherapy

Pharmacotherapy plays a supportive role in the management of chronic back pain, particularly in alleviating pain symptoms and improving functional outcomes [5]. Nonsteroidal anti-inflammatory

