Ann-Christin Johansson received her physiotherapy education and master degree in physiotherapy at Karolinska Institutet, Stockholm. Most of her professional work has been within the field of Orthopaedics but she is also educated in occupational physiotherapy, psychosomatics and behavioural medicine. She has been working as a physiotherapist at the Department of Orthopaedics and as a research assistant at Centre for Clinical Research Centrallasaretet Västerås the latest ten years. Her main research interests are within Orthopaedics and psychosocial factors influencing pain and disability.

Psychosocial factors may explain why treatments of back pain problems have not been universally successful, even if the morphological problem has been correctly addressed by surgery. Identifying these psychosocial factors and possibly taking them into account when treating back patients might be an accessible road for better treatment outcome. Physiotherapy is continuously developing but still there is much to learn in the treatment of back pain patients. How shall physiotherapy best be arranged? Which are the most important essences in our treatment repertoire? This thesis focuses on psychosocial factors in patients with lumbar disc herniation in relation to the outcome of both surgery and subsequent physiotherapy.

Doctoral Dissertation

Psychosocial factors in patients with lumbar disc herniation: Enhancing postoperative outcome by the identification of predictive factors and optimised physiotherapy

Ann-Christin Johansson
Medicine