

B. Saran

1. Hasil penelitian ini diharapkan dapat menjadi tambahan informasi terbaru dalam evaluasi radiologis, pertimbangan diagnosis dan tatalaksana degenerasi diskus intervertebralis pada pasien dengan klinis LBP.
2. Penelitian ini dilakukan di satu pusat layanan kesehatan, disarankan penelitian selanjutnya dilakukan secara *multi-center* dengan jumlah sampel yang lebih besar dan karakteristik subjek yang lebih beragam, untuk meningkatkan validitas eksternal dan generalitas hasil.
3. Untuk memperoleh pemahaman sebab akibat antara SFTT dan degenerasi diskus intervertebralis, disarankan dilakukan penelitian longitudinal atau kohort prospektif, sehingga perubahan ketebalan jaringan lemak subkutan dan perkembangan derajat degenerasi diskus dapat dievaluasi dari waktu ke waktu, dengan pengendalian variabel perancu untuk memperkuat inferensi kausal.

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