Degenerated intervertebral discs (IVDs) are commonly implicated in low back pain with few minimally invasive treatments. Painful IVD degeneration is associated with structural disruption including herniation of nucleus pulposus tissues through annulus fibrosus defects. Dr. Iatridis will present on strategies to promote repair and regeneration of annulus fibrosus defects. The talk will provide the audience with an understanding of the clinical, biomaterial, biomechanical, and biological factors in intervertebral disc herniation and strategies to repair and regenerate the intervertebral disc.