



Spondylolisthesis is the slipping of one or multiple vertebrae out of the correct anatomical position. It is most common in adolescents and is caused by a number of different reasons, such as a fracture or a congenital (you are born with) condition.

CAUSES

- Congenital defect of the spine
- Degenerative process
- Stress fracture of the spine
- Fracture due to trauma

SYMPTOMS

- Dull, achy pain in the low back
- Pain that worsens with extension of the spine
- Tightness of the muscles on the back of the thigh
- Low back stiffness
- Signs of nerve damage: pain, numbness or weakness affecting one or both lower extremities
- Muscle wasting (atrophy)
- Loss of bowel or bladder function (incontinence)

TREATMENT

- Rest from activities that increase symptoms
- Medication
 - NSAIDS help decrease swelling, pain and fever. **ALWAYS ASK YOUR PROVIDER IF NSAIDS ARE SAFE.**
 - Acetaminophen to decrease pain
 - Prescription pain medicine
- Stretching and strengthening exercises either on your own or under the care of a physical therapist
- Use of proper body mechanics
- Bracing
- Use of ice to relieve pain and reduce inflammation applied 10 to 15 minutes every two to three hours or after any activity that aggravates your symptoms
- Use of heat prior to performing stretching or strengthening activities

SEEK IMMEDIATE MEDICAL CARE IF:

- Treatment seems to offer no benefit or the condition worsens.
- Any medication produces adverse side effects.
- You lose control of bowel or bladder (incontinence).