



Spondylolysis is a condition of the spine that is characterized by stress fracture of one or more vertebrae. These stress fractures occur in an area of the vertebrae between the facet joints (pars interarticularis). This condition can also be congenital where the bones don't fuse and leave defects in the pars.

CAUSES

- Repetitive extension beyond normal limits of the spine
- Repetitive excessive rotation of the spine
- Direct trauma (uncommon)

SYMPTOMS

- Dull, achy pain in the lower back
- Pain that worsens with extension of the spine
- Tightness of the muscles on the back of the thigh
- Lower back stiffness

TREATMENT

- Rest from activities that aggravate symptoms
- Stretching exercises, strengthening exercises and posture training to help stabilize the back, strengthen muscles and prevent recurrence of symptoms
- Back brace
- Ice to reduce pain and inflammation
- Medication
 - NSAIDS help decrease swelling, pain and fever. **ALWAYS ASK YOUR PROVIDER IF NSAIDS ARE SAFE.**
 - Acetaminophen to decrease pain
 - Prescription pain medicine
- Surgery

SEEK MEDICAL CARE IF:

- Symptoms get worse or do not improve in two to four weeks, despite treatment.
- You develop new symptoms.
- You are generally not feeling well.

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop numbness or weakness in either leg.
- You lose bowel or bladder function.