

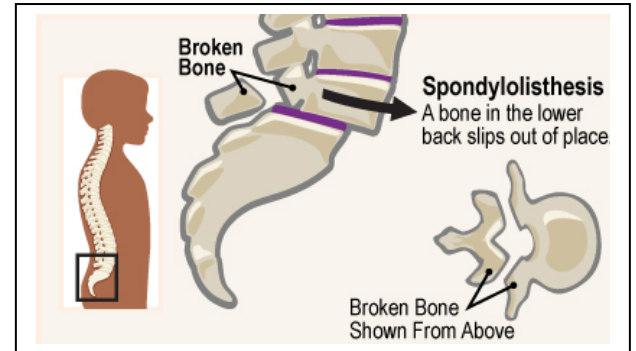
Spondylolisthesis

Spondylolisthesis is a condition of the spine that affects the lower vertebrae, causing them to slip forward onto the spinal bones underneath them. Some common symptoms that a patient might experience could be:

- Persistent lower back pain
- Stiffness in back and legs
- Lower back tenderness
- Tight hamstring and glute muscles
- Tingling/numbness/pain in legs

Cause & Diagnosis

Some cases of spondylolisthesis will vary base on age, family history, and lifestyle, however, people of all ages are susceptible to it if there is a history of it in the family. Physical exams are a first step in diagnosing spondylolisthesis. X-rays of the lower spine can determine if a vertebrae is displaced. A CT scan can give you a more detailed image on whether the displaced vertebrae is pinching on the nerves.



Treatments

Depending on the severity of the pain and vertebra slippage, treatments will vary. Non-surgical methods will ease pain and help stabilize the vertebrae. Those methods include:

- Wearing a back brace
- Doing physical therapy exercises
- Manual joint mobilization to improve how joints above and below the spondylolisthesis move
- Epidural steroid injections

Surgical correction is required when the misplaced vertebra has slipped far enough that the spine does not respond to any nonsurgical therapies and if the spine is constantly pressing on the nerves. The doctor will stabilize the spine using bone grafts and hardware. After spinal fusion is complete, it will take 4-8 months to fully fuse the bones.

If you are suffering from Spondylolisthesis, please book an appointment with one of our Physiotherapists today! Call 519-632-8822.

<https://www.healthline.com/health/spondylolisthesis#treatment>