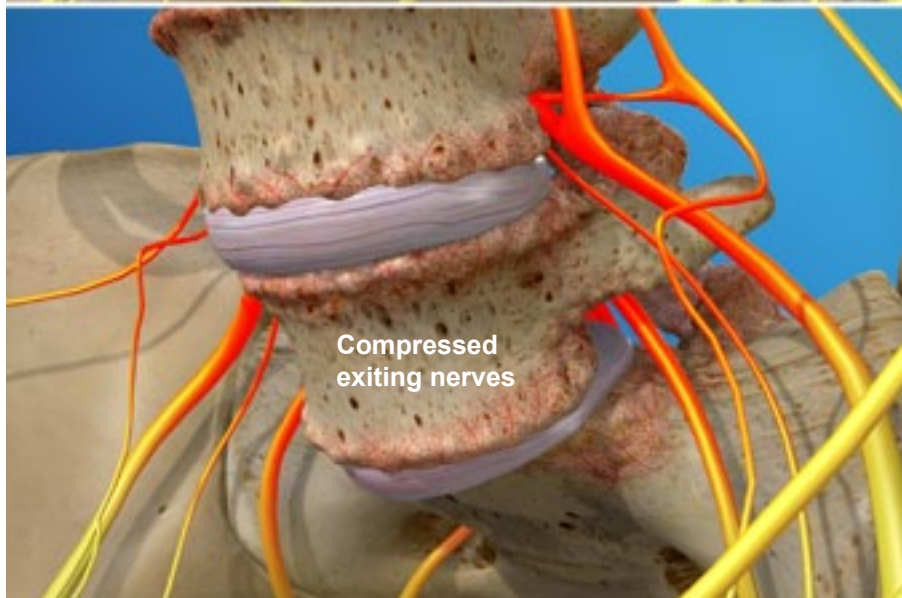
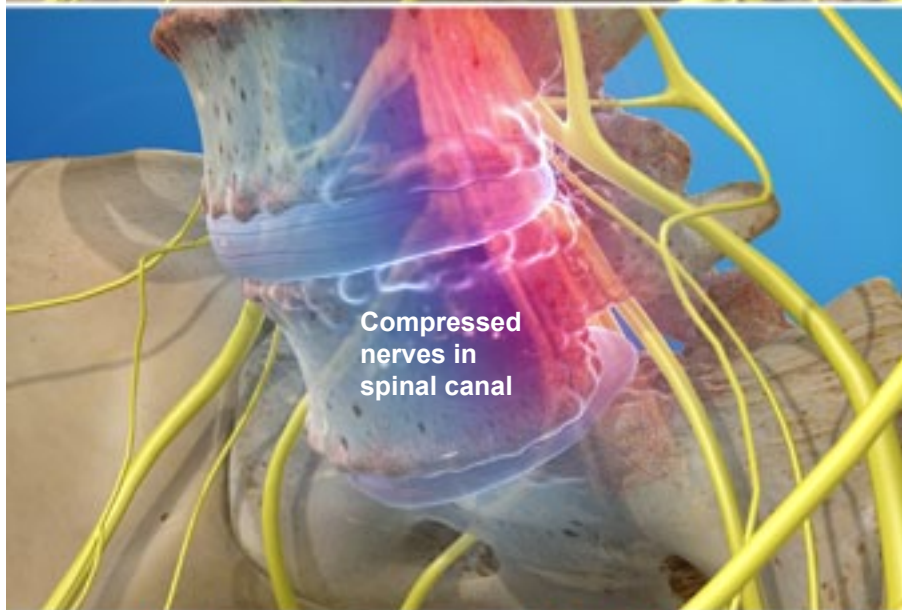
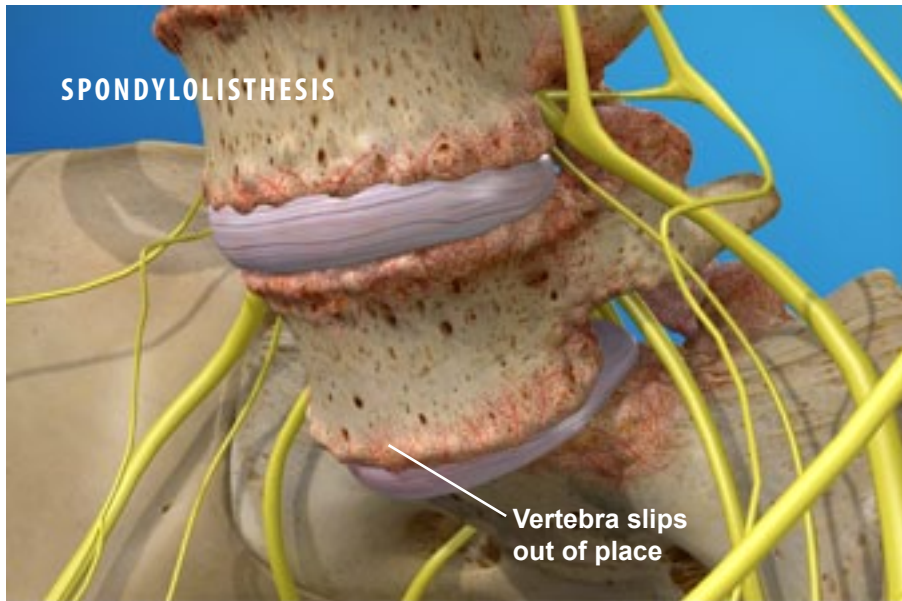


## Spondylolisthesis



### Overview

This condition occurs when a lumbar vertebra slips out of place. It slides forward, distorting the shape of your spine. This may compress the nerves in the spinal canal. The nerves that exit the foramen (open spaces on the sides of your vertebrae) may also be compressed. These compressed nerves can cause pain and other problems.

### Common Causes

Spondylolisthesis has a variety of causes. In children, it is often due to a birth defect in that area of the spine. Some people develop this condition because of an overuse injury called "spondylolysis." This is a stress fracture of the vertebral bone. In adults, arthritis and the loss of disc elasticity that results from aging are the most common causes of spondylolisthesis.

### Other Causes

Less commonly, spondylolisthesis can result from a sudden injury that leads to a broken vertebra. Diseases or tumors that weaken the spine can also result in spondylolisthesis.

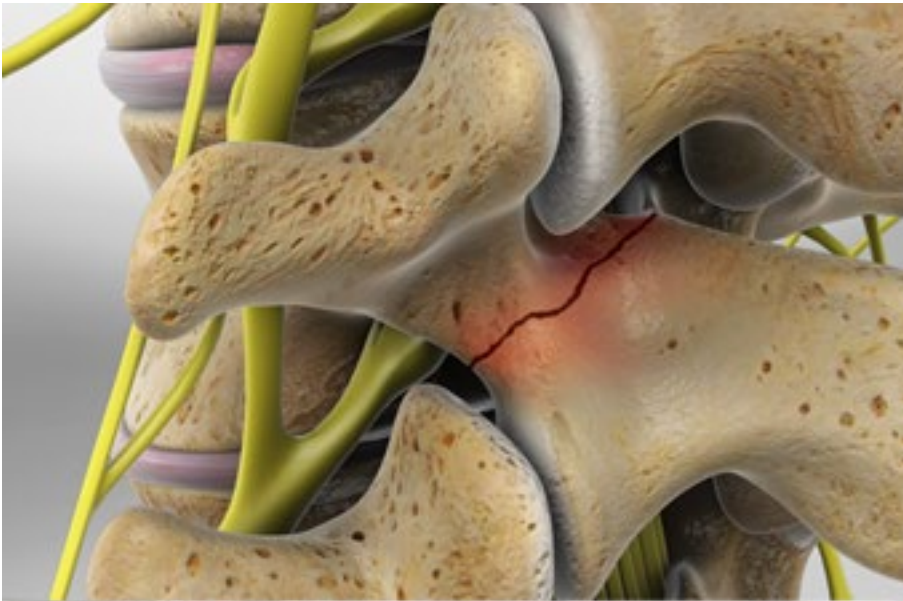
### Symptoms

Symptoms vary from person to person. Many people who have this condition have no symptoms at all. If you do have symptoms, you may experience pain in your lower back. You may have hamstring spasms. Pain may spread down your leg to your foot. You may also have foot numbness and tingling.

### Treatment

Treatment options depend on the severity of your condition. You may benefit from rest. Medications may relieve your pain. A back brace may also help. And, you may benefit from physical therapy. If those methods are not successful, you may benefit from a surgical procedure to reduce nerve compression or to stabilize your spine.

## Spondylolysis



### Overview

This is a crack that forms in a narrow bridge of bone at the back of a vertebra. A vertebra is one of the bones that forms your spine. Often, this injury happens in the lumbar spine. It can happen to people of all ages. But, we most often see it in children and teens. That's because their bones are still growing.

### Causes

How does this type of fracture happen? Well, in many cases, it's linked to sports that put a lot of stress on the lower back. Weight lifting, gymnastics and football can all cause it.

### Symptoms

You can have spondylolysis and not have any symptoms. But it can cause back pain. It may feel like a muscle strain that gets worse with activity. It may radiate down through your buttocks and thighs. If the crack weakens the vertebra so much that it becomes unstable, it may shift out of its proper place. This puts pressure on your nerves. It can lead to muscle spasms, stiffness and other problems.

### Treatment

Treatment depends on your needs. You may benefit from rest, a back brace, medications and physical therapy. If these don't help, you may need surgery. Your healthcare provider will create a plan that's right for you.

