

SPONDYLOLYSIS AND SPONDYLOLISTHESIS

What are spondylolysis and spondylolisthesis?

Your lower back is called your lumbar spine. It is made up of five bones called lumbar vertebrae. The vertebrae have two major parts, a solid part called the body and a bony ring through which the lower part of the spinal cord and nerves travel. Between the bodies of the vertebrae is shock absorbing material called disks. Part of the ring of each vertebra, called the pars, touches the vertebra above it and the vertebra below it.

Spondylolysis is a condition where there is a break in one or both sides of the ring of a vertebra. Spondylolisthesis is a condition in which a break in both sides of the ring allows the body of the vertebra to slip forward. Spondylolysis and spondylolisthesis most commonly occur at the fourth or fifth lumbar vertebrae. These conditions are also called pars defects, pars stress fractures, or stress fractures.

How does it occur?

Spondylolysis and spondylolisthesis result from repetitive extension of the back (bending backward). This causes weakness in the rings of the lumbar vertebrae, eventually leading to a break (fracture) in a ring. Less commonly, these conditions may result from an injury to the back. Some healthcare providers feel that certain people are born with weak vertebral rings.

Athletes most commonly troubled by spondylolysis or spondylolisthesis are gymnasts, dancers, and football players.

What are the symptoms?

You may have low back pain or spasms, or you may have no symptoms at all. You may have pain all the time or only from time to time. Spondylolysis or spondylolisthesis usually do not damage the nerves.

How is it diagnosed?

Your healthcare provider will examine your back and look for tenderness along your vertebrae or spasm in the muscles next to your vertebrae. He or she will order an X-ray, which will show a break in the ring of a vertebra or slippage of a vertebra. Your provider may order a bone scan to look for a break that has just recently occurred. A CT scan or an MRI may also be done.

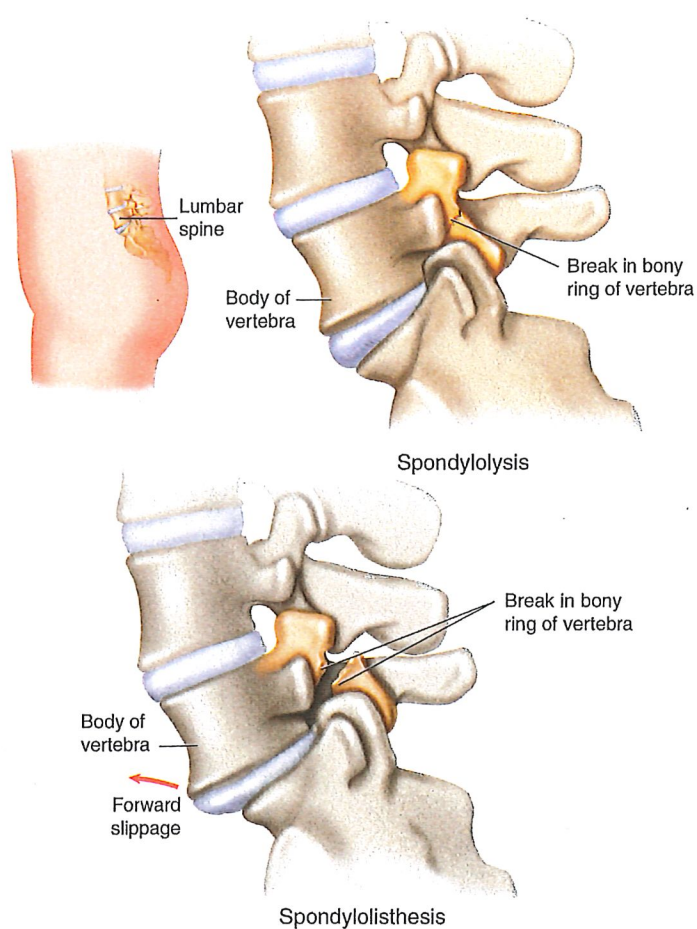
How is it treated?

For short-term periods of pain your healthcare provider may prescribe anti-inflammatory medicine or other pain medicine (adults aged 65 years and older should not take non-steroidal anti-inflammatory medicine for more than 7 days without their healthcare provider's approval). You should place ice packs on your back for 20 to 30 minutes every 3 to 4 hours for 2 to 3 days or until the pain goes away.

You can participate in your sport or activity as long as you do not have pain. You may need to change your sport or activity to one that does not involve bending backwards (hyperextending the back).

If your healthcare provider thinks the break is new and that the bones could heal, he or she may recommend wearing a brace for 1 to 3 months. Severe cases of spondylolisthesis may require surgery.

SPONDYLOLYSIS AND SPONDYLOLISTHESIS



Spondylolysis and spondylolisthesis are chronic problems. It is very important to keep your back in the best possible physical condition. Do not become overweight.

When can I return to my sport or activity?

The goal of rehabilitation is to return you to your sport or activity as soon as is safely possible. If you return too soon you may worsen your injury, which could lead to permanent damage. Everyone recovers from injury at a different rate. Return to your sport will be determined by how soon your back recovers, not by how many days or weeks it has been since your injury occurred. In general, the longer you have symptoms before you start treatment, the longer it will take to get better.

It is important that you have fully recovered from your back pain before you return to your sport or any strenuous activity. You must be able to have the same range of motion that you had before your injury. You must be able to run, jump and twist without pain.

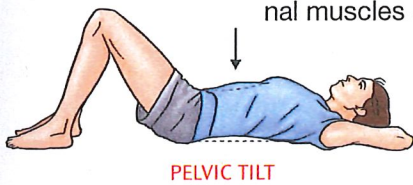
How can I prevent spondylolysis and spondylolisthesis?

You can best prevent these conditions by having strong back and abdominal muscles and by avoiding being overweight. If you have spondylolysis you may be able to prevent progression to spondylolisthesis by doing back exercises and by avoiding forced back extension activities, such as might occur during tackling in football.

SPONDYLOLYSIS AND SPONDYLOLISTHESIS REHABILITATION EXERCISES

It is important to have strong abdominal muscles when the structures of your spine are weakened. These exercises help build strong stomach muscles.

1. PELVIC TILT: Lie on your back with your knees bent and your feet flat on the floor. Tighten your abdominal muscles and push your lower back into the floor. Hold this position for 5 seconds, then relax. Do 3 sets of 10.

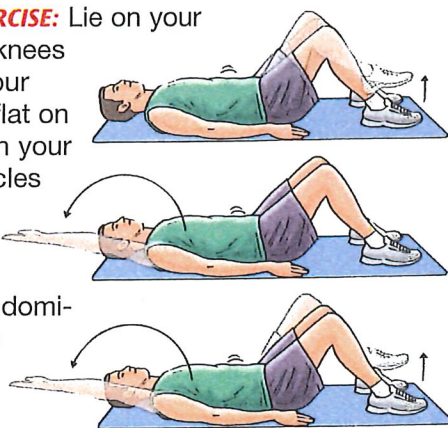


PELVIC TILT

Repeat this exercise with the opposite leg. Then lift your arm over your head, hold for 5 seconds, then lower it. Repeat with the opposite arm. Do 5 repetitions with each leg and arm. Once this exercise becomes easy, raise one leg and the opposite arm together. Hold for 5 seconds. Lower your arm and leg and raise the opposite arm and leg up and hold for 5 seconds. Do 3 sets of 5.

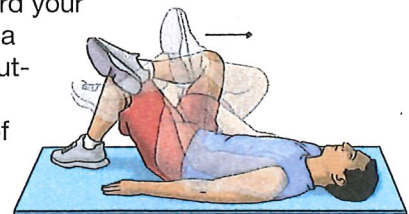
As the pelvic tilt becomes easier, you can progress to an exercise called the dead bug.

2. DEAD BUG EXERCISE: Lie on your back with your knees bent, arms at your sides, and feet flat on the floor. Tighten your abdominal muscles and push your lower back into the floor. While keeping your abdominals tight, lift up one leg several inches off the floor, hold for 5 seconds, then lower it.



DEAD BUG EXERCISE

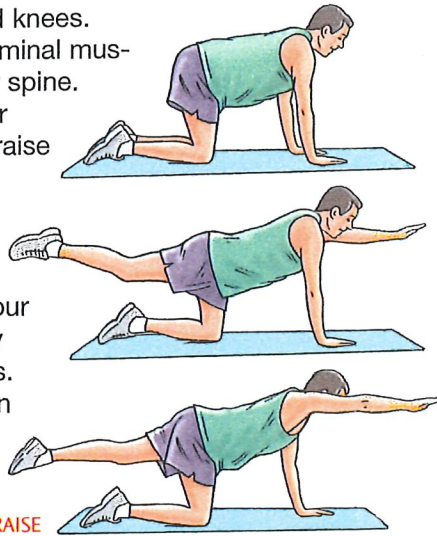
3. GLUTEAL STRETCH: Lying on your back with both knees bent, rest the ankle of one leg over the knee of your other leg. Grasp the thigh of the bottom leg and pull that knee toward your chest. You will feel a stretch along the buttocks and possibly along the outside of your hip on the top leg. Hold this for 15 to 30 seconds. Repeat 3 times.



GLUTEAL STRETCH

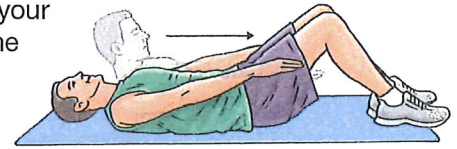
BACK

4. QUADRUPED ARM/LEG RAISE: Get down on your hands and knees. Tighten your abdominal muscles to stiffen your spine. While keeping your abdominals tight, raise one arm and the opposite leg away from you. Hold this position for 5 seconds. Lower your arm and leg slowly and alternate sides. Do this 10 times on each side.



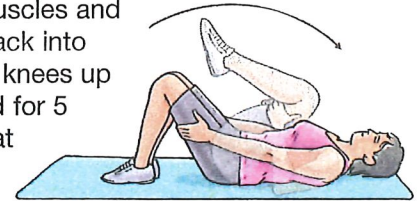
QUADRUPED ARM/LEG RAISE

5. PARTIAL CURL: Lie on your back with your knees bent and your feet flat on the floor. Tighten your stomach muscles and flatten your back against the floor. Tuck your chin to your chest. With your hands stretched out in front of you, curl your upper body forward until your shoulders clear the floor. Hold this position for 3 seconds. Don't hold your breath. It helps to breathe out as you lift your shoulders up. Relax. Repeat 10 times. Build to 3 sets of 10. To challenge yourself, clasp your hands behind your head and keep your elbows out to the side.



PARTIAL CURL

6. DOUBLE KNEE TO CHEST: Lie on your back with your knees bent and your feet flat on the floor. Tighten your abdominal muscles and push your lower back into the floor. Pull both knees up to your chest. Hold for 5 seconds and repeat 10 to 20 times.



DOUBLE KNEE TO CHEST