

PROFESSIONAL THERAPIES, INC.

Caring. Experience. Integrity. Results.

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Spondylolisthesis

Definition:

Spondylolisthesis is the slippage of one vertebra on another. When it slips forward it is called anterolisthesis. When it slips backwards it is called retrolisthesis.

Signs/Symptoms:

Spondylolisthesis can lead to narrowing of the spinal canal (spinal stenosis) and compression of the nerve roots (foraminal stenosis). This can lead to numbness/tingling, pain, and/or weakness in the extremities and area of the spondylolisthesis. Pain with exercises that involve back extension (walking downhill is a common complaint), hamstrings and low back tightness are common.

Causes:

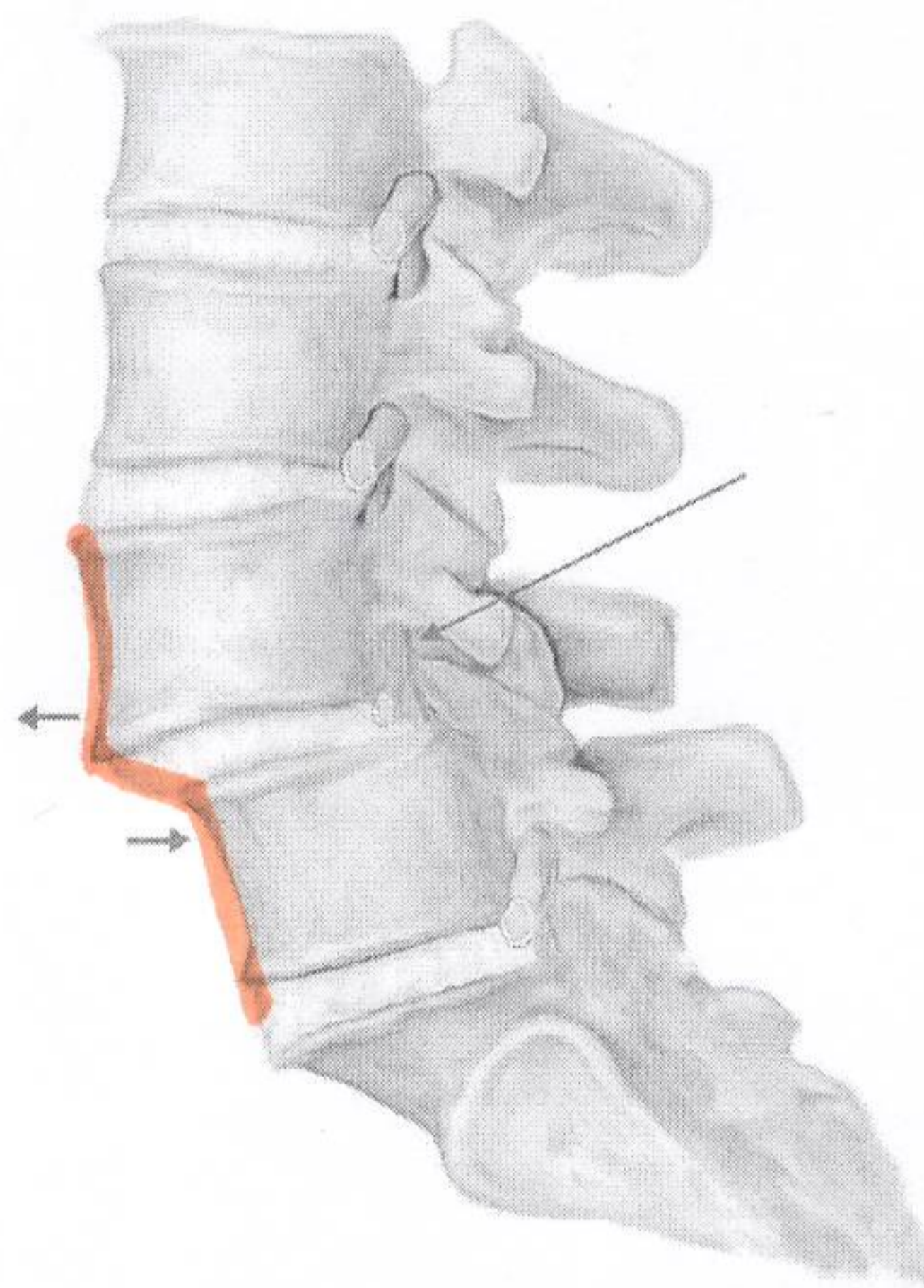
Genetics, trauma, degeneration, or a tumor are the primary causes of this condition.

Risk factors:

Risk factors commonly include family history, history of repetitive trauma (anything involving hyperextension of the spine), high impact sports (football, gymnastics, weightlifting), and/or significant weight especially in the stomach region (putting the spine in hyperextension).

Physical Therapy:

Physical therapy will involve the strengthening of the trunk flexors—the muscles that bend your trunk forward, core stabilizers, and trunk/leg flexibility. Physical therapy can also involve the use of pain reducing modalities including: ultrasound, moist heat, electrical stimulation, iontophoresis, soft tissue mobilization, and laser.



Grades of spondylolisthesis

