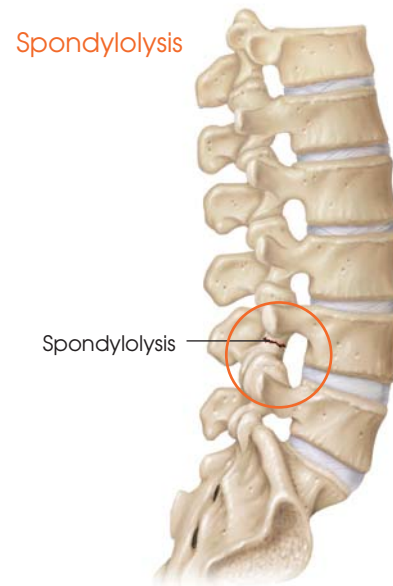
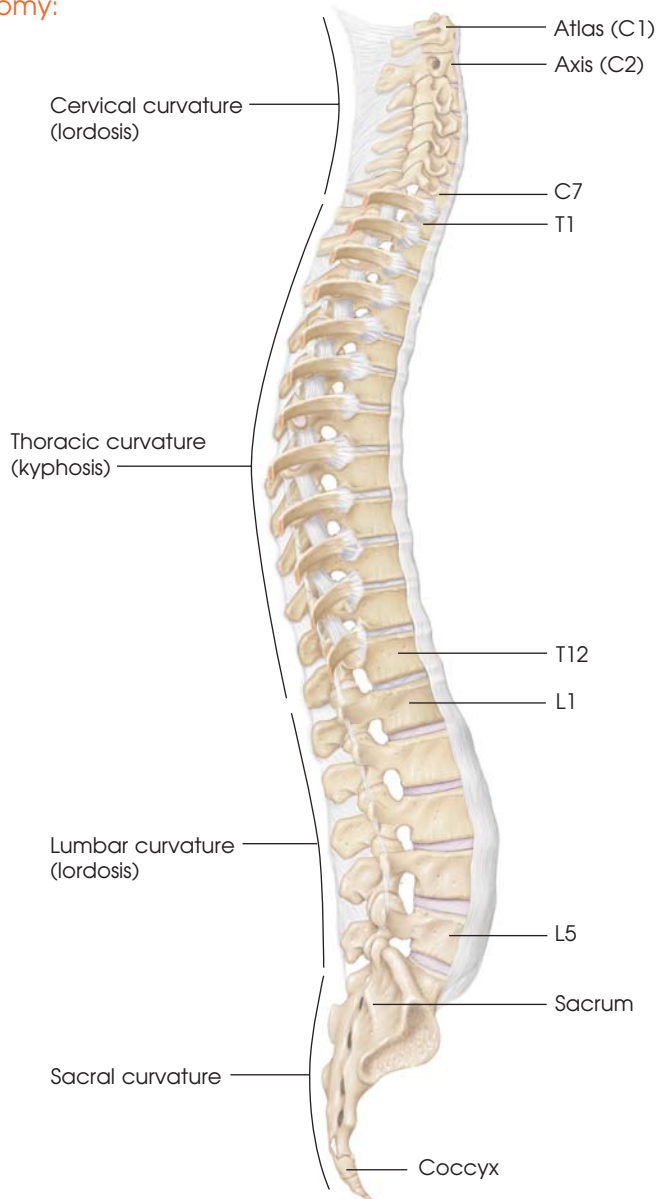


Spondylolysis

Normal Anatomy: Lateral View



Spondylolysis is a stress fracture on one of the bones of the spine (vertebrae). It usually affects the 5th lumbar vertebra. If the vertebra weakens so much that it slips out of place, the condition is called spondylolisthesis. Causes of spondylolysis include genetics, periods of rapid body growth (which can occur during teen years), and overuse in activities that use lower back extension such as gymnastics, dance, football and weight lifting. Many people with spondylolysis do not have symptoms but when they do occur they include low back pain.

Common Treatment Options

- Apply ice packs to the area for 20-30 minutes every 3-4 hours for the first 2-3 days until the swelling decreases.
- Take pain medications as prescribed by your doctor.
- Avoid the activity/sport until the pain subsides.
- Physical therapy or exercise programs may be recommended to improve flexibility and core strength.
- A brace or back support may be recommended.

