

# New Health Concepts Wellness & Rehab Center

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## What is Spondylolisthesis?

Spondylolisthesis is a condition of the spine where one of the vertebra slips forward or backward compared to the next vertebra.

Forward slippage of one vertebra on another is called anterolisthesis, while backward is referred as retrolisthesis.

Spondylolisthesis can lead to deformity of the spine as well as narrowing of the spinal canal or compression of the nerve roots.

## What causes Spondylolisthesis?

There are five major types of lumbar spondylolisthesis:

(1) **Dysplastic spondylolisthesis:** This is caused by a defect in the formation of part of the vertebra called the facet that allows it to slip forward. This is a condition that a patient is born with.

## What are the symptoms of Spondylolisthesis?

The most common symptom of Spondylolisthesis is lower back pain. The pain is often worse after exercise especially extension of the lumbar spine.

Other symptoms include tightness of the hamstrings & decreased range of motion of the lower back.

## Treatment

Spondylolisthesis is treated at New Health Concepts with "Flexion/Distracton" traction. This is a gentle yet effective treatment that should give relief in 3-4 weeks.

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(2) **Isthmic spondylolisthesis:** In this condition there is defect in a portion of the vertebra called the pars interarticularis. This condition can be caused by repetitive trauma & is more common in athletes.

(3) **Degenerative spondylolisthesis:** Occurs due to arthritic changes in the joints of the vertebra due to cartilage degeneration.

(4) **Traumatic spondylolisthesis:** Is due to direct trauma of injury to the vertebra.

(5) **Pathologic spondylolisthesis:** Is caused by a defect in the bone caused by abnormal bone, such as a tumor.