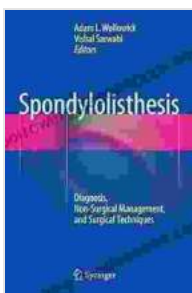


Spondylolisthesis: Diagnosis, Non-Surgical Management, and Surgical Techniques

Spondylolisthesis is a condition in which one vertebra slips forward over the vertebra below it. This can occur in any part of the spine, but it is most common in the lower back (lumbar spine). Spondylolisthesis can be caused by a variety of factors, including:

- Spina bifida
- Degenerative changes in the spine
- Trauma
- Obesity
- Pregnancy

Spondylolisthesis can cause a variety of symptoms, including:



Spondylolisthesis: Diagnosis, Non-Surgical Management, and Surgical Techniques by Sakahiki

★★★★★ 5 out of 5

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Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 857 pages



- Back pain
- Leg pain
- Numbness or tingling in the legs
- Weakness in the legs
- Loss of bowel or bladder control

The diagnosis of spondylolisthesis is based on a physical examination and X-rays. In some cases, an MRI or CT scan may be necessary to confirm the diagnosis.

Non-surgical management of spondylolisthesis includes:

- Pain relievers
- Physical therapy
- Bracing
- Activity modification

Surgical treatment of spondylolisthesis is typically recommended for patients with severe symptoms that do not respond to non-surgical treatment. Surgery can be performed to:

- Reduce the slippage of the vertebra
- Stabilize the spine
- Relieve pressure on the nerves

The type of surgery performed will depend on the severity of the spondylolisthesis and the patient's overall health. Surgery can be performed either through the back or the front of the spine.

The recovery time from surgery for spondylolisthesis varies depending on the type of surgery performed. Most patients will need to wear a brace for several weeks after surgery. Physical therapy is also important to help patients regain mobility and strength.

The prognosis for patients with spondylolisthesis is generally good. With proper treatment, most patients can live a full and active life.

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Non-Surgical Management of Spondylolisthesis

Non-surgical management of spondylolisthesis includes:

- **Pain relievers.** Over-the-counter pain relievers, such as ibuprofen or naproxen, can help relieve pain.
- **Physical therapy.** Physical therapy can help strengthen the muscles around the spine and improve flexibility.
- **Bracing.** A back brace can help support the spine and reduce pain.
- **Activity modification.** Avoiding activities that put stress on the spine can help prevent further slippage of the vertebra.

Surgical Treatment of Spondylolisthesis

Surgical treatment of spondylolisthesis is typically recommended for patients with severe symptoms that do not respond to non-surgical

treatment. Surgery can be performed to:

- **Reduce the slippage of the vertebra.** This can be done by removing part of the vertebra or by fusing the vertebra to the vertebra below it.
- **Stabilize the spine.** This can be done by inserting metal rods or screws into the spine.
- **Relieve pressure on the nerves.** This can be done by removing part of the vertebra or by widening the spinal canal.

The type of surgery performed will depend on the severity of the spondylolisthesis and the patient's overall health. Surgery can be performed either through the back or the front of the spine.

Recovery from Surgery for Spondylolisthesis

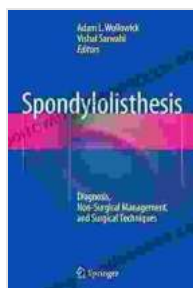
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Related Keywords

- Spondylolisthesis
- Spinal stenosis
- Back pain
- Leg pain

- Numbness
- Tingling
- Weakness
- Loss of bowel or bladder control
- Physical therapy
- Bracing
- Activity modification
- Surgery
- Recovery
- Prognosis



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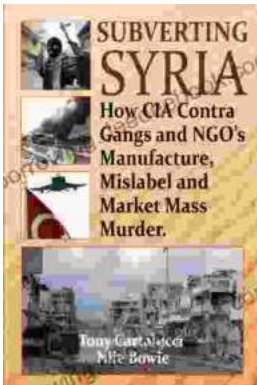
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