



What is spondylolisthesis?

Spondylolisthesis is a condition of the spine where one of the vertebrae slips forward onto the bone below it. This can be due to high-impact sports, such as football, genetics and degeneration due to ageing.

If the condition is left untreated, it can cause narrowing of the nerve channels, resulting in compression of nerves in the spine.

Symptoms can include pain, tingling or heaviness in the lower back, buttocks and legs when walking, which is relieved by sitting or lying down or when bending forward, such as when pushing a shopping trolley. Pain can also increase when reaching overhead, such as when hanging washing on the line.

Spondylolisthesis, depending on the severity, can be addressed with a simple laminectomy procedure or a spinal fusion procedure, which is performed by a highly skilled neurosurgeon and upon successful fusion, stops the abnormal movement in the vertebrae and improves pain symptoms.

You can discuss your treatment options with a neurosurgeon by requesting a referral from your GP.



DR STEPHEN BYRNE

SUNSHINE COAST NEUROSURGERY
SUITE 17, SUNSHINE COAST UNIVERSITY PRIVATE
HOSPITAL, 3 DOHERTY STREET, BIRTINYA.
5437 7256. SCNEUROSURGERY.COM.AU