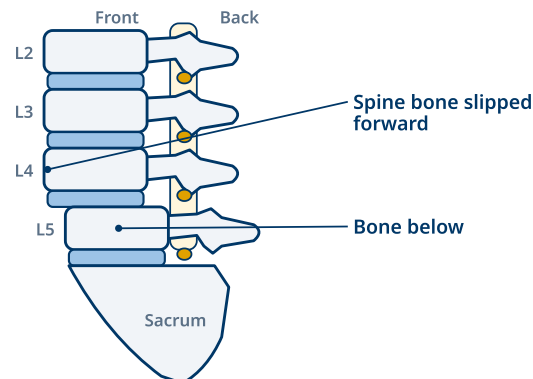


Spondylolisthesis

What it is

Spondylolisthesis means one bone of the spine has slipped forward over the bone below it. This can narrow the space for nerves. It may cause back pain or leg pain.



Common symptoms

- Low back pain, often worse with standing or bending backward
- Leg pain, numbness or heaviness with walking that eases with sitting or leaning forward
- Tight hamstrings
- Less commonly, weakness in the legs

Self-care tips

- Stay as active as you can. Short, easy walks may help.
- Change position often. Try not to sit for more than 30 to 45 minutes at a time.
- Heat or ice for 15 to 20 minutes may ease pain. Put a towel between it and your skin.
- Lift with your legs, keep the load close to your body, and do not twist.

What to expect at GSMC

At your visit: A spine specialist asks about your symptoms and checks your strength, feeling and walking.

Tests: You may need X-rays, an MRI or a CT scan.

Your plan: Many people start with care that does not involve surgery. Surgery is discussed only if it may help.

When to call us

- Pain that keeps getting worse, or does not get better with care
- New numbness, tingling or weakness in an arm or leg
- Pain with fever, chills or weight loss you cannot explain
- Pain that keeps you from sleeping or doing daily tasks

Call 911 or go to the emergency room for loss of bladder or bowel control, numbness in the groin or inner thighs, or sudden leg weakness.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/services/spine/conditions/spondylolisthesis/



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This handout is general information and is not a substitute for medical advice.