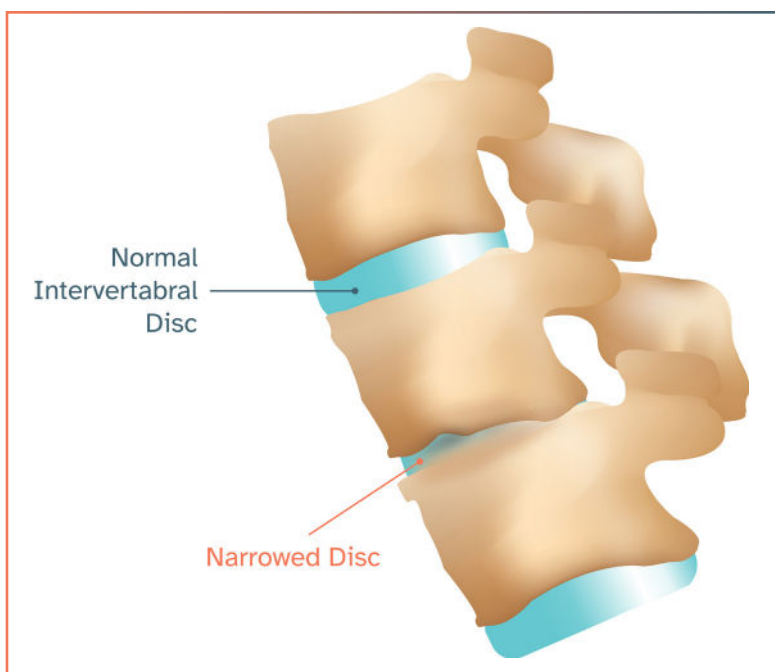


## OVERVIEW

**Spondylolysis is a fracture or degeneration between two vertebrae in the lower back that can lead to the spine then falling out of alignment, known as spondylolisthesis. It is a common cause of back pain in adolescents.**

**It is possible for spondylosis to go undetected or be mistaken for muscle strain. The associated stiffness may affect posture.**



## CAUSES FOR CERVICAL SPONDYLOLYSIS

A fracture in the posterior, or back, of a vertebra can cause the vertebra to slip forward and out of alignment with the rest of the spine.

Sports that place stress on the spine, like gymnastics, football, or weightlifting, can cause spondylosis. Long term heavy work leading to degenerative changes may also erode away the bony process.

## SYMPTOMS OF CERVICAL SPONDYLOLYSIS

- Lower back pain
- Muscle spasm(s)
- Stiffness in back
- Change in comfortable posture

### TREATMENT FOR CERVICAL SPONDYLOLYSIS

- Cold pack therapy
- Over the counter anti-inflammatory such as ibuprofen
- Flexion based low back exercises and abdominal strengthening will be a major focus of therapy as well as postural education and body mechanics training
- In severe cases, surgery may be required to realign the spine

### EXERCISE 1: Chin Tuck with Rolled Towel



#### Instructions:

Begin lying on your back with your neck relaxed.

Gently tuck your chin directly backward as if you are making a double chin.

Hold, then relax and repeat.

Make sure not to lift your head from the ground.

### EXERCISE 2: Supine Scapular Retraction



#### Instructions:

Begin lying on your back.

Gently press your shoulder blades down and back into the mat, squeezing your shoulder blades together.

You may feel a stretch in the front of your shoulders.

Make sure to keep your neck relaxed and do not shrug your shoulders during the exercise.

#### Important:

The therapeutic exercises described on this page are for reference purposes only and may or may not apply directly to your condition. Only perform the exercises assigned by your physician. By using this information, you understand the potential risks connected with activity in any exercise, physical fitness or training program.