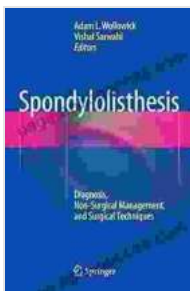


Spondylolisthesis: Diagnosis, Non-Surgical Management, and Surgical Techniques

Spondylolisthesis is a condition in which one vertebra slips forward or backward over the vertebra below it. This can lead to pain, numbness, and weakness in the legs and back. There are a variety of non-surgical and surgical treatments for spondylolisthesis.



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

★★★★★ 5 out of 5

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



Diagnosis

The diagnosis of spondylolisthesis is based on a physical examination and an X-ray. The physical examination may reveal a deformity of the spine, pain, and tenderness. The X-ray will show the slippage of the vertebra.

Non-Surgical Management

The non-surgical management of spondylolisthesis includes:

- Rest

- Ice
- Heat
- Physical therapy
- Bracing
- Medication

Rest can help to reduce pain and inflammation. Ice can also help to reduce pain and inflammation. Heat can help to relax muscles and relieve pain. Physical therapy can help to strengthen the muscles around the spine and improve flexibility. Bracing can help to support the spine and prevent further slippage. Medication can be used to relieve pain and inflammation.

Surgical Techniques

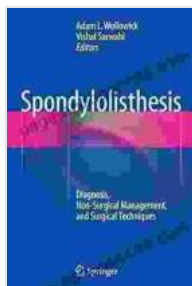
The surgical techniques for spondylolisthesis include:

- Decompression
- Fusion
- Instrumentation

Decompression involves removing the pressure on the spinal cord and nerves. Fusion involves fusing the vertebrae together to prevent further slippage. Instrumentation involves using screws, rods, and plates to stabilize the spine.

Spondylolisthesis is a condition that can cause pain, numbness, and weakness in the legs and back. There are a variety of non-surgical and

surgical treatments for spondylolisthesis. The best treatment option will depend on the severity of the condition and the patient's individual needs.



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