

# What are the Symptoms and Treatment Options For Spondylolisthesis?

Looking for a [pain specialist in New Jersey](#)? Have you been diagnosed with Spondylolisthesis? If yes, this article is for you. We have covered symptoms, causes, and various treatment options for Spondylolisthesis in this article. Read on to know more in detail.



## What is Spondylolisthesis?

Spondylolisthesis has been derived from the Greek words ‘spondylosis’ meaning spine and ‘Listhesis’ meaning ‘slippage’ is a condition of forwarding dislocation of one vertebra over the other. When the misalignment is more, it produces pressure and stress on the spinal nerves, leading to deformation of the back and spinal stenosis becoming narrow.



## Spondylolisthesis Symptoms

Spondylolisthesis Symptoms vary with each individual subject to the degree of pain and discomfort. Those with severe cases aren't able to perform regular activities. Some common symptoms include;

- Persistent pain in the lumbar region
- Stiffness in the back and legs

- Pain in thighs
- Tenderness
- Numbness
- Soreness
- Tight hamstring

## **Causes of the Spondylolisthesis**

The causes of the condition of Spondylolisthesis vary from person to person. The leading cause of the condition is based on increasing age, injury; lifestyle habits, heredity, and rapid growth during teens may additionally be a causative factor.

## **Spondylolisthesis Pain Treatment Passaic NJ**

The most popular non-surgical approach for relieving the pain associated with Spondylolisthesis is, to begin with, a conventional therapy program. Therapies by **pain specialist NJ** can play a huge role in reducing the symptoms and signs of the pain induced by the situation. This helps in faster recovery and aid in the avoidance of long-term pain.



## **Rest**

It is very significant to relieve the pain and its symptoms before it could lead to major conditions. Soft tissue inflammation and nerve compression might be causing pain and discomfort. Ergo it is crucial to stay calm and get proper rest in order to stabilize the condition.

## **Strengthening and Stretching**

Therapies can aid to alleviate the pain and the symptoms once you trigger the condition by attacking the weakness and imbalances leading to the pain. For instance, hyperextension is a common issue for people suffering from Spondylolisthesis. Strengthening and stretching with the help of a

physiotherapist can help increase the stamina and muscle strength, eliminating pain and discomfort.

## **Physiotherapy**

Physical treatment is among one of the most typical spondylolisthesis pain treatment Passaic NJ to adjust the positioning of the vertebrae or to help stay clear of any kind of further movement by conditioning the back and abdominal muscles to protect the column in place.

## **Injection Therapy**

Injection therapy made use of alone or together with physical treatment additionally has discovered to be effective as a spondylolisthesis therapy.

A painkiller that is much stronger can be provided as well if the individual does not discover relief from over the counter dosages.



## **Surgical Treatment**

The surgical procedure is much less normal however is required in cases where the vertebral slip is entirely out of alignment or if it causes the individual a lot of pain, despite efforts at non-invasive Spondylolisthesis treatments.

Pain Treatment Specialists is the most advanced [pain management clinic Clifton NJ](#) assisting patients in dealing with pain by offering multidisciplinary treatment solutions. For more details on the same, visit our website.