

Will I have to live with this pain for the rest of my life?

Patients assume that their symptoms are the cause of one thing: the condition. However each symptom can contribute to other symptoms such as pain causes stress, stress causes tense muscles and so on, put together can make each symptom feel worse. "The interactions of these symptoms become a vicious cycle unless broken" (Bull, James 2007).

How can I live my life with Spondylolisthesis?

- It is important to keep physically active. A good source of exercise is swimming and walking however, check with your consultant first.
- Healthy eating and weight control is a good aid for your wellbeing.
- Keep warm.
- Know your limitations.
- Take your medication regularly.
- Carry on with any physiotherapy exercises.
- Keep your Consultant appointments and contact your Gp with any changes in your symptoms.

What support is available?



[Spondylosis support group](#)

Long term conditions courses

Phone 01443 233514

www.eppwales.org

Reading

James Bull 2007 Self-management of long-term Health Conditions.

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Patients voice

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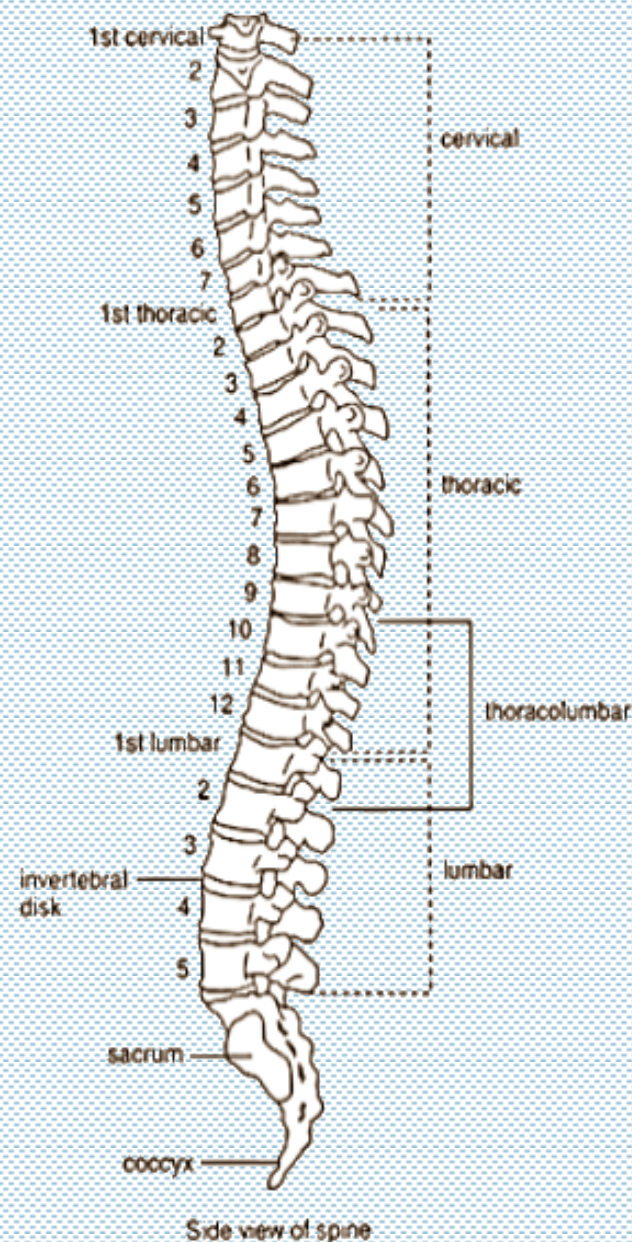
As part of the ABHB patients information homepage.



As a part of
Cardiff MSc
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Do you have Spondylolisthesis?



Would you like to know more?

SPONDY means spine and there are many associated spondy conditions;

Spondylosis refers to normal wear and tear of the spine associated with arthritic changes such as osteoarthritis and osteophyte formation which may impinge on nerve roots.

Spondylitis is arthritis of the spine due to inflammation also known as ankylosing spondylitis where bones can fuse together.

Spondylolysis is a crack in the bone of the spine due to repeated stress. This affects 3-6% in the general population. The risk of Spondylolisthesis developing into Spondylolisthesis is approximately 4-5% (patients.co.uk).

Spondylolisthesis is associated with Spondylolysis (patients.co.uk). This is where one bone in the spine slips over another.

References

<http://www.spinesurgerylondon.com/patient-information/the-condition/general/the-spondy-words>.

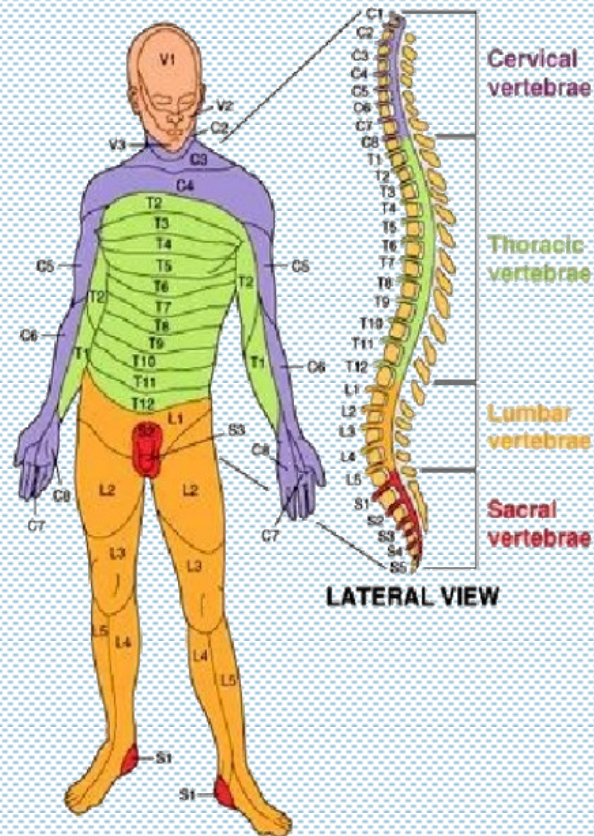
James Bull 2007 Self-management of long-term Health Conditions. Bull publishing company, Colorado USA. Published in the United Kingdom.

<http://www.Patients.co.uk>

What are the effects of Spondylolisthesis?

Affects are determined where the condition is located in the spine and the duration of the condition including the extent of the damage.

The diagram below shows areas of the body that can be effected however not everyone will experience symptoms.



(spine surgery London).

What are the symptoms of Spondylolisthesis?

Symptoms vary between patients including pain, stiffness, altered posture, tensed muscles and nervous system changes but a few that are not experienced by everybody.

What treatments are available to ease the pain?

Treatments are dependant on the extent of damage caused and the symptoms you experience. Treatments can vary from physiotherapy, acupuncture, medication, injections and/or surgery. Treatment options will be advised by your consultant.

What is the duration of the treatment?

As these are chronic and difficult conditions duration of treatment can not be predicted. The length of treatment will vary from patient to patient depending on duration of the condition and the extent of the damage. Your consultant will be able to advise you on this.