

# Stress Fracture of the Vertebra (Spondylolysis)

## How to Treat it

Rest, alternating ice and heat packs, anti-inflammatories and painkillers.

## What causes it?

Overuse, twisting and hyperextension of lumbar vertebrae. Can be genetic.

## Symptoms

Inflammation, pain, tension, tightness and muscle spasms.

## Top Tips

Use ice asap and regularly. Low impact activities and activities avoiding hard surfaces are important.

## What is it?

Repetitive stress and/or hyperextension, typically on the fifth lumbar vertebra. Bone weakens, degenerates and can become mal-aligned, which is called Spondylolisthesis. Neither Spondylolysis or Spondylolisthesis heal properly. Continual management is necessary.



## Rehab

Approx 6-8 weeks rest. Seek advice about a rehab exercise programme to reintroduce mobility, flexibility and strength.

## Definitions

**Stress Fracture** – fracture in bone due to chronic overuse

**Hyperextension** – a movement that increases the distance between two body parts

**Spondylolisthesis** – when one vertebra slips forward over another

**Muscle spasms** – sudden involuntary muscle contractions

**Lumbar vertebrae** – spine in lower back

## Associated Conditions

- Muscle Strain of the Back,
- Ligament Sprain of the Back,
- Slipped Disc,
- Bulging Disc

## Get Help Now

### Products

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