

Spondylolisthesis

Webinar for GPs

16 October 2024 / 8am – 8.30am



Dr Ralph Stanford

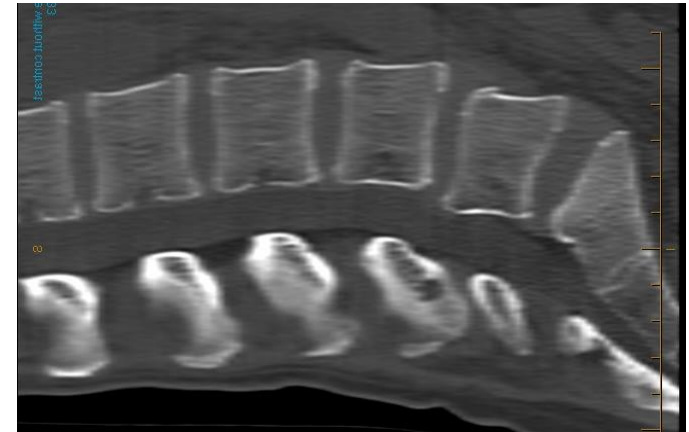
ORTHOPAEDIC SPINE SURGEON



- Spinal surgeon with over 20 years' experience
- Head of Department of Orthopaedics and Supervisor of Training for Orthopaedic Trainees, Prince of Wales Hospital
- Conjoint Senior Lecturer at the University of New South Wales
- Honorary Senior Scientist at Neuroscience Research Australia (NeuRA) and a member of Spinal PFET.

Dedicated to lifelong learning and sharing my expertise with others, I attend spinal conferences worldwide and regularly consult with colleagues about successful treatments.

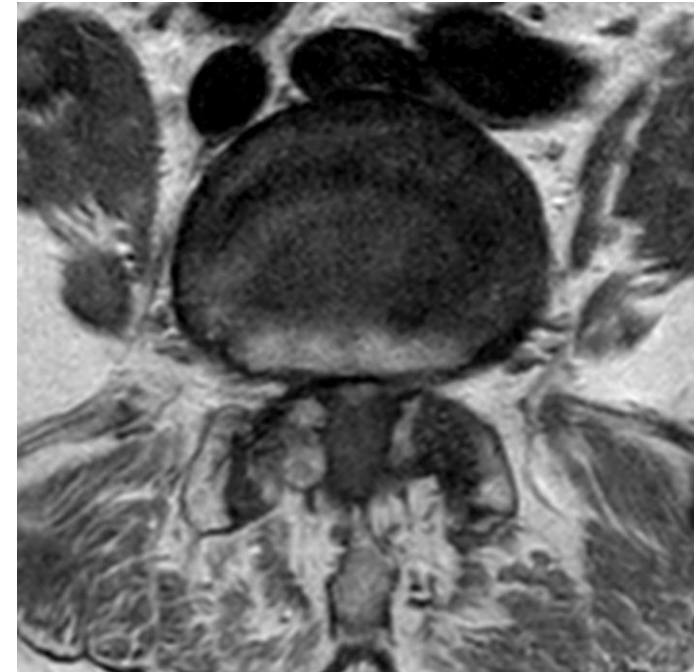
Vertebral slippage



Types of spondylolisthesis

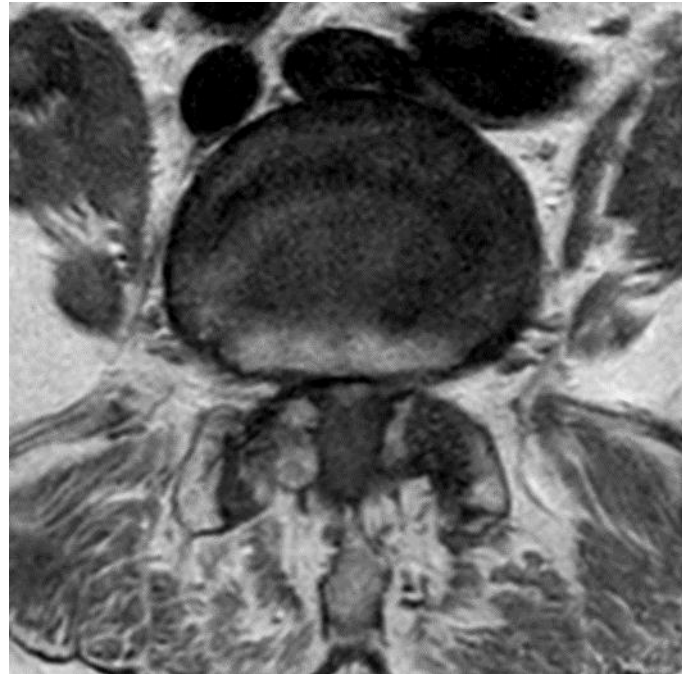
- Degenerative
- Isthmic – spondylolysis – pars defects
- Traumatic
- Infection
- Tumour

Degenerative Spondylolisthesis



Symptoms

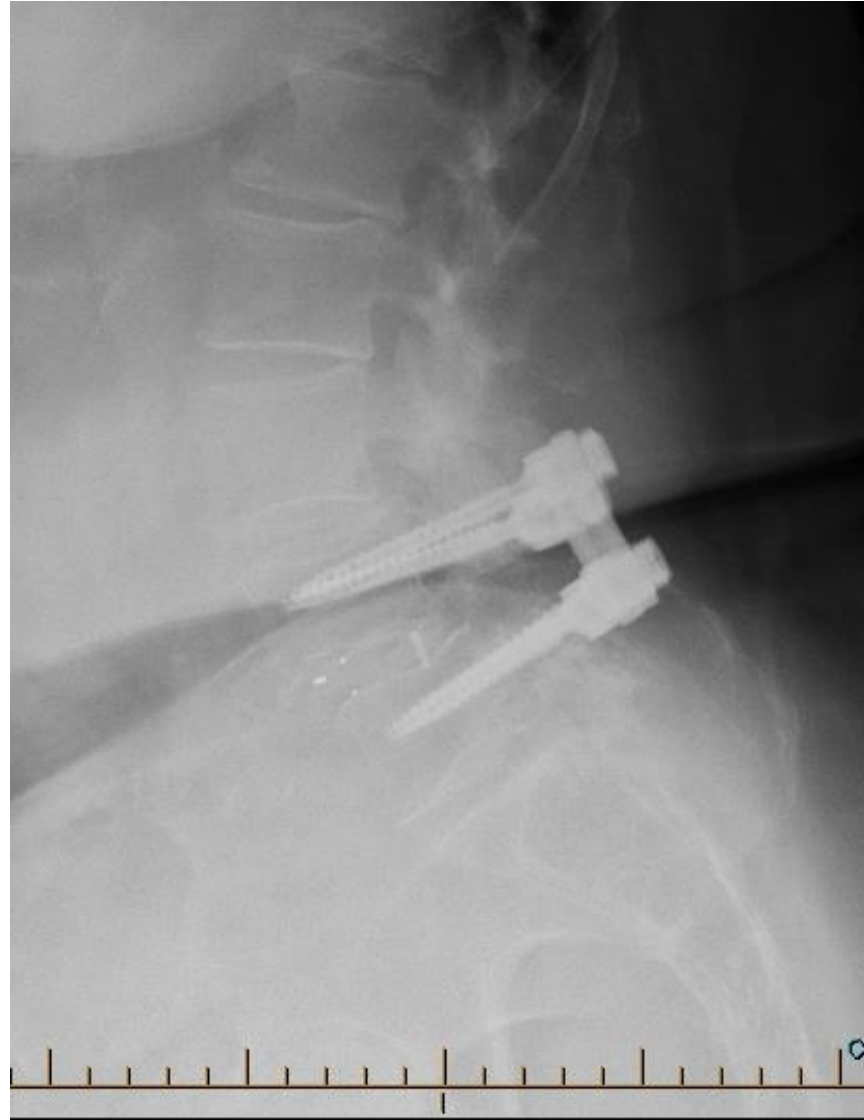
- Back pain – worn facet joints
- Sciatica – nerve root compression in lateral recess
- Neurogenic claudication – central nerve compression



Natural history and non-operative management

- Generally worse over time
- Can try walking, core strength and hydrotherapy
- Transforaminal cortisone injections
- Most often at L4/5

Surgery



Isthmic Spondylolisthesis



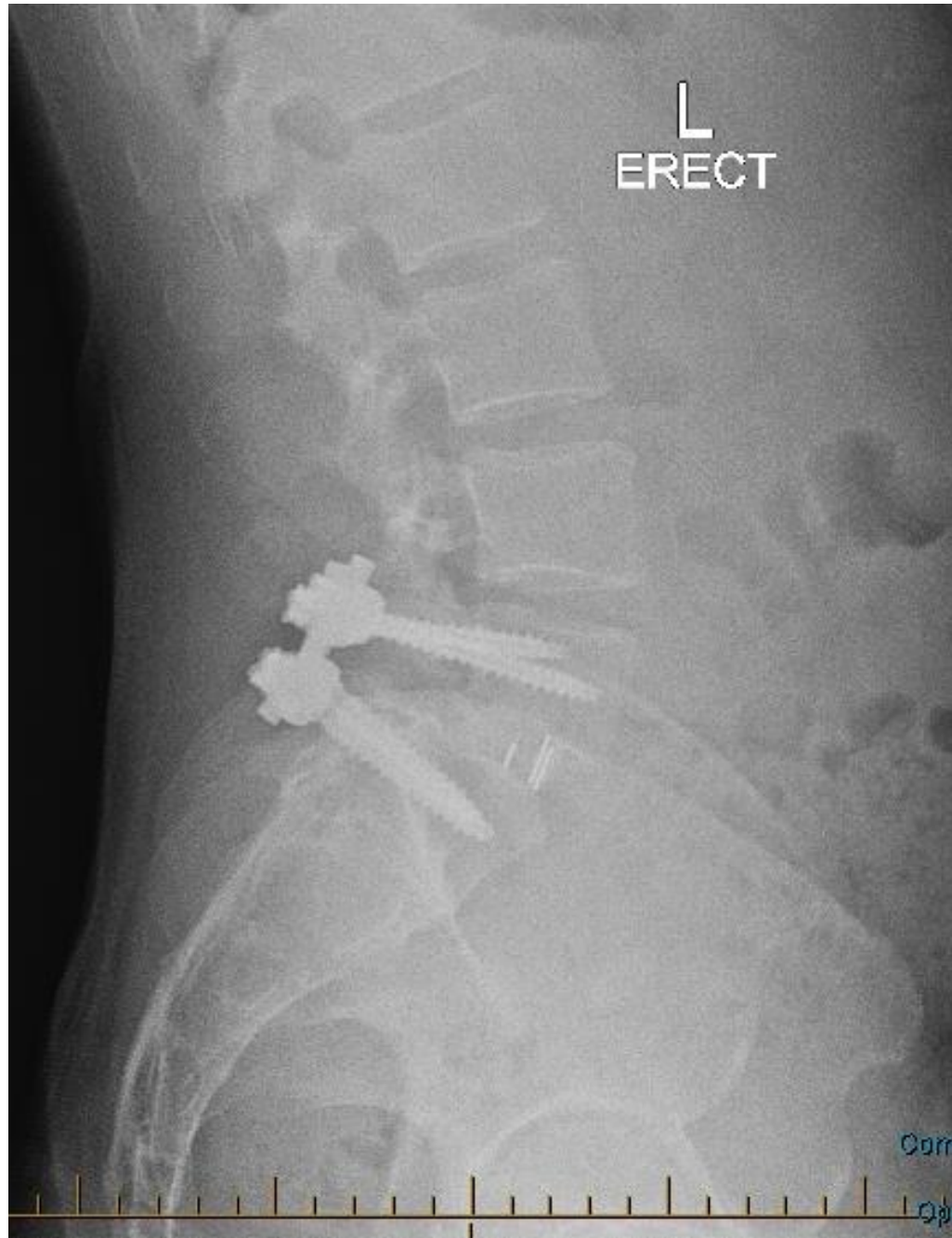
Development

- Childhood injury probably
- Stress fracture
- Fracture non-union
- Minimal symptoms at the time
- Become an issue in middle age
- Back pain and sciatica
- Most often L5/S1



Natural history and management

- Usually, symptoms persist and progress
- Can watch
- When sciatic pain is significant, surgery is good
- Back pain alone, benefits surgery less certain
- Work on core strength



Summary

- In adults, spondylolisthesis will present with back pain and sciatica
- Common causes degenerative and isthmic spondylolysis
- Can try core strengthening
- Surgery works well when nerve pain predominates

Q & A

- ✓ A recording of the webinar will be available on my website
- ✓ Further resources for GPs are available at <https://spinalsurgeonsydney.com.au/for-referrers>
- ✓ To receive future resources via email, send your name and email address to info@powspine.com.au

If you have any questions about a patient, please feel free to call me on [02 9650 4893](tel:0296504893). I will return your call and discuss how we can help.

You can also reach me via ralphstanford@powspine.com.au.

