

# Spondylolysis

## What is spondylosis?

Spondylosis is a defect or stress fracture located in the pars interarticularis of the vertebral arch. In most of the cases it is located in the lower lumbar vertebrae (L5). Though at times, **spondylolysis occurs in the cervical vertebrae.**

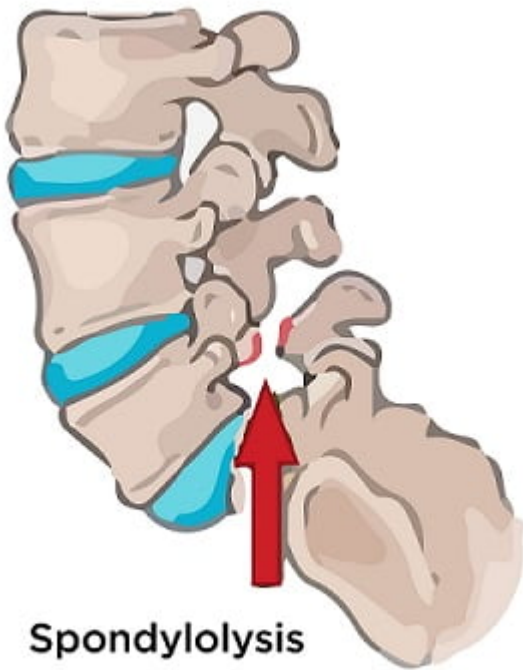
The vast majority of cases occur in the lower lumbar vertebrae (L5), but **spondylolysis** may also occur in the cervical vertebrae.

If you are suffering from spondylolysis pain then get in touch with one of the **best spine doctors of Patna**; Dr. Ashish Singh at AIOR for treatment or **spondylolysis treatment surgery** based on his expert guidance. AIOR offers the **best Spine services for spinal disorders and injuries.**

## What are the causes of spondylosis?

Well, the causes are unknown but it's believed that many factors contribute to its development.

This condition occurs in up to 6% of the population and its noteworthy that in majority of the cases its asymptomatic. Research supports the fact that hereditary and acquired risk factors can make people susceptible to spondylosis. This disorder prevails more in males as compared to females. This is due to more involvement of males in strenuous activities at a younger age.



**Spondylolysis**  
(Stress fracture in the  
*Pars Interarticularis*)

Let's look at the example of a young athlete. His spine is still growing this means there are many ossification centers and this leaves points of weakness in the spine. Thus, young athletes are more at risk, especially while they are engaged in repetitive hyperextension and rotation across the lumbar spine.

Spondylolysis is the one of the common reasons why preadolescents and adolescent athletes experience pain in the lower back. It is the reason behind all lower back pain in 50% of the cases.

Repetitive trauma and an inherent genetic weakness can make one more susceptible to spondylolysis.

Looking for **spondylolysis treatment?**

Get in touch with **Anup Institute of Orthopaedics and Rehabilitation – AIOR** <https://www.aior.co.in/index.php> the most modern **spinal surgery hospital in Patna.**

If you are experiencing even the slightest pain in you lower

back, we suggest you visit the **AIOR website** <https://www.aior.co.in/doctors-team.php> where you will find **experienced doctors for Cervical Spondylosis treatment in Patna**. AIOR is one of the **best spine orthopedic hospital in Patna**.

You will find the **best spine services for spinal disorders and injuries at AIOR**.

