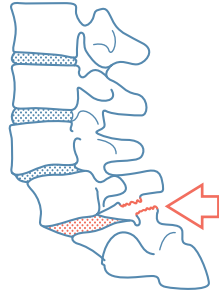


2025 Patient Outcomes

What is L5-S1 Isthmic Spondylolisthesis?

- ▶ Isthmic spondylolisthesis occurs when one bone in the spine slips forward over the one below it, due to a defect or small stress fracture in a part of the vertebra called the pars interarticularis. This usually happens at L5/S1.



- ▶ The condition often develops from repeated stress, such as from sports or physical activity.
- ▶ It can cause lower back pain, stiffness, or pain that spreads down the legs if nerves are pressed.

At a glance:



106
patients



49
Average age



45%
Female



55%
Male

Main symptoms:



91%
patients

reported leg pain as their main symptom.

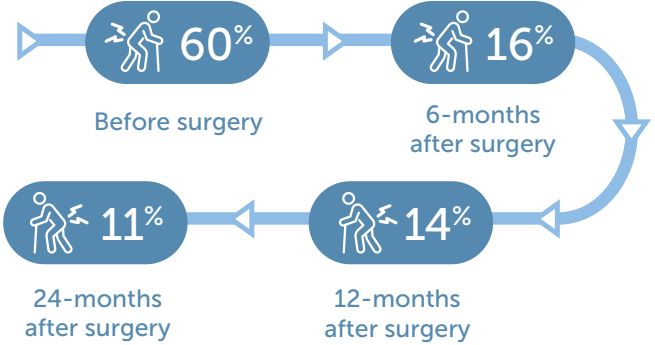
How we measure outcomes:

Oswestry Disability Index (ODI):



The ODI questionnaire measures how much back or leg pain limits a person's ability to perform daily activities.

Fewer patients with severe disability after surgery



Patients reported fewer difficulties with everyday activities — like walking, standing, lifting, and socialising after surgery.

EQ-5D-3L:



The questionnaire measures quality of life and a Visual Analogue Scale identifies the way in which patients perceive their general health.

83% Before surgery → 38% 6-months post surgery

Reported some or extreme mobility problems

Visual Analogue Scales:



The EQ-VAS measures the way in which patients perceive their general health at a given time point out of 100. The higher the score, the better patients feel.

55 Before surgery → 75 6-months post surgery

Average patient scores improved after surgery