

MAKE AN APPOINTMENT: (314) 514-3500 (tel: 3145143500)

OUR LOCATIONS

Search

WASHINGTON UNIVERSITY ORTHOPEDICS

Find a Physician
(/content/Patient-Care/2295/Find-a-Physician/Physician-Directory.aspx)

Specialties

Injury Clinic

Request a Appointm
(/forms/MakeAnA

Home (/) | Patient Care (/content/Patient-Care/2264/Patient-Care.aspx)
Services (/content/Patient-Care/2317/Services.aspx)
Pediatric and Adolescent Orthopedic Surgery (/content/Patient-Care/2341/Services/Pediatric-and-Adolescent-Orthopedic-Surgery.aspx)
Adolescent-Orthopedic-Surgery-Overview (/content/Patient-Care/2493/Services/Pediatric-and-Adolescent-Orthopedic-Surgery-Overview.aspx)
Pediatric Spine Patient Education Overview (/content/Patient-Care/3170/Services/Pediatric-and-Adolescent-Orthopedic-Surgery/Overview/Pediatric-Spine-Patient-Education-Overview.aspx)
Spondylolysis/Pars Defect

Make an Appointment

PREFERRED LOCATION

First Available

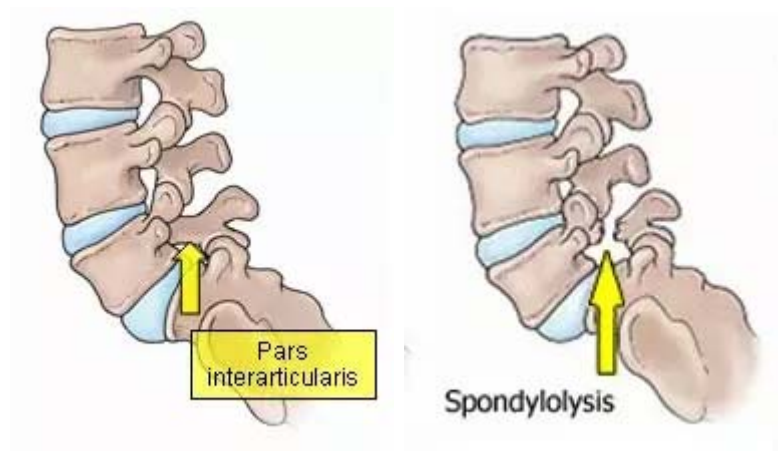
PREFERRED DAY

No Preference

CONTINUE

Spondylolysis/Pars Defect

A pars defect or spondylolysis is a stress fracture of the bones of the lower spine. These fractures typically occur due to overuse. They can be on one or both sides of the vertebrae. It is a common cause of low back pain in children and adolescents. The most common cause of low back pain is muscular, secondary to overuse or deconditioning.



Pediatric and Adolescent Orthopedic Surgery Section (/content/Patient-Care/2493/Services/Pediatric-and-Adolescent-Orthopedic-Surgery/Overview.aspx)

Doctor Search (/content/Patient-Care/2295/Find-a-Physician)

What causes a pars defect/spondylolysis?

Pars defects are caused by overuse of the low back, mainly from sports that involve repetitive back bend-like motions. Examples include: gymnastics, football, diving, etc. Sometimes children are born with a very thin pars area which puts them at increased risk for this injury.

What are the symptoms of pars defect/spondylolysis?

Initially children may not have any symptoms. In teens, the main symptom is low back pain that worsens with activity and improves with avoiding the sport/activity that causes repeated back bending. Symptoms can progress to interfere with normal daily activities.

How is it diagnosed?

A diagnosis is made with physical exam, x-rays, and occasionally a bone scan. In some cases a CT scan is needed for further assessment and planning.

More Information

- Request an appointment online (</forms/MakeAnAppt.aspx>) or call **(314) 514-3500** during normal business hours
- View our office locations and directions (</content/Patient-Care/2321/Appointment-Information/Office-Locations.aspx>)
- Learn more about pediatric and adolescent orthopedic surgery (</content/Patient-Care/2493/Services/Pediatric-Orthopedics/Overview.aspx>)
- Read publications by our physicians (</content/Patient-Care/2323/Search-for-Publications-by-our-Faculty.aspx>)
- Visit the Growing Spine blog (<http://growingspineblog.wustl.edu/>)

[/Physician-Directory.aspx](#)

[Accepted Insurance Plans](#)
(<http://www.ortho.wustl.edu/content/Patient-Care/7026/Appointment-Information/Accepted-Insurance-Plans.aspx>)

[Patient Forms](#)
(</forms/Patient-Forms.aspx>)

[Patient Stories](#)
(</content/Patient-Stories/2398/Patient-Stories.aspx>)

[Directions and Maps](#)
(</content/Patient-Care/2321/Appointment-Information/Office-Locations.aspx>)

OUR LOCATIONS





(<https://www.ortho.wustl.edu/content/Patient-Care/7023/Appointment-Information/Office-Locations/Center-for-Advanced-Medicine.aspx>)

Center for Advanced Medicine

4921 Parkview Place

6th Floor, Suites A & B; 12th Floor, Suite A

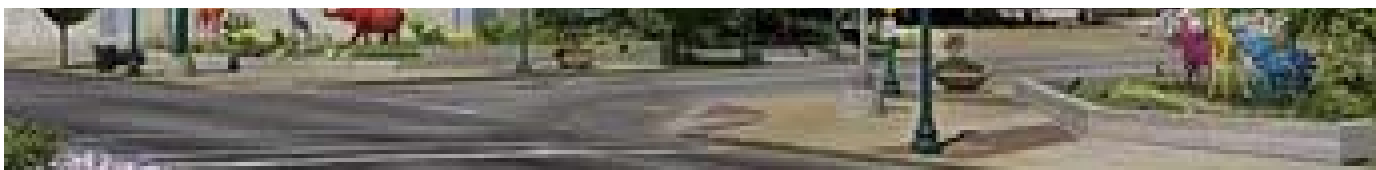
St. Louis, MO 63110 (http://maps.google.com/maps?f=d&source=s_d&saddr=&daddr=4921+Parkview+Place+63110&hl=en&geocode=&mra=ls&sll=38.638186,-90.263426&sspn=0.007375,0.013046&ie=UTF8&z=17)

(314) 514-3500 (tel:3145143500)

View this location (<https://www.ortho.wustl.edu/content/Patient-Care/7023/Appointment-Information/Office-Locations/Center-for-Advanced-Medicine.aspx>)

View all locations (<https://www.ortho.wustl.edu/content/Patient-Care/2321/APPOINTMENT-INFORMATION/Office-Locations.aspx>)





(<https://www.ortho.wustl.edu/content/Patient-Care/8146/Appointment-Information/Office-Locations/St-Louis-Childrens-Hospital.aspx>)

St. Louis Children's Hospital

One Children's Place

Suite 1B

St. Louis, MO 63110 (http://maps.google.com/maps?f=d&source=s_d&saddr=&daddr=One+Children%27s+Place+63110&hl=en&geocode=&mra=ls&sll=38.69264,-90.370675&sspn=0.235811,0.41748&ie=UTF8&z=17)

(314) 514-3500 (tel:3145143500)

View this location (<https://www.ortho.wustl.edu/content/Patient-Care/8146/Appointment-Information/Office-Locations/St-Louis-Childrens-Hospital.aspx>)

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(<https://www.ortho.wustl.edu/content/Patient-Care/3705/Appointment-Information/Office-Locations/St-Louis-Childrens-Specialty-Care-Center---Washington-University-Orthopedics.aspx>)

St. Louis Children's Hospital Specialty Care Center

13001 N Outer Forty Road

Suite 1C

Town and Country, MO 63017 (<https://maps.google.com/maps?daddr=13001+North+Outer+Forty+Road+chesterfield+mo&hl=en&sll=38.639993,-90.48&sspn=0.008715,0.0212&mra=ls&t=m&z=16>)

(314) 514-3500 (tel:3145143500)

View this location (<https://www.ortho.wustl.edu/content/Patient-Care/3705/Appointment-Information/Office-Locations/St-Louis-Childrens-Specialty-Care-Center---Washington-University-Orthopedics.aspx>)

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(<https://www.ortho.wustl.edu/content/Patient-Care/8147/Appointment-Information/Office-Locations/Washington-University-and-Barnes-Jewish-Orthopedic-Center.aspx>)

Washington University and Barnes-Jewish Orthopedic Center

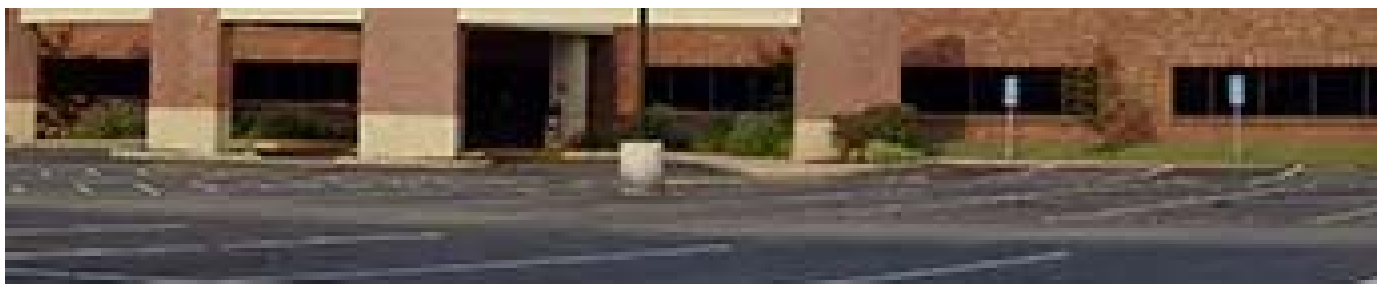
14532 S. Outer Forty Drive

Chesterfield, MO 63017 (<https://www.google.com/maps/dir//14532+South+Outer+Forty+Road,+Chesterfield,+MO/@38.6445446,-90.5254995,17z/data=!3m1!4m8!4m7!1m0!1m5!1m1!1s0x87d8d356f19edeeb:0x46331efb813abac7!2m2!1d-90.5233108!2d38.6445404>)
(314) 514-3500 (tel:3145143500)

View this location (<https://www.ortho.wustl.edu/content/Patient-Care/8147/Appointment-Information/Office-Locations/Washington-University-and-Barnes-Jewish-Orthopedic-Center.aspx>)

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(<https://www.ortho.wustl.edu/content/Patient-Care/6970/Appointment-Information/Office-Locations/Barnes-Jewish-West-County-Hospital.aspx>)

Barnes-Jewish West County Hospital

969 N. Mason Road

Suites 100 & 230

St. Louis, MO 63141 (<https://www.google.com/maps/place/969+N+Mason+Rd,+Creve+Coeur,+MO+63141/@38.673908,-90.471213,17z/data=!3m1!4b1!4m2!3m1!1s0x87df2d1576c7f8f5:0xf115e6a4947d0774>)

(314) 514-3500 (tel:3145143500)

View this location (<https://www.ortho.wustl.edu/content/Patient-Care/6970/Appointment-Information/Office-Locations/Barnes-Jewish-West-County-Hospital.aspx>)

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(<https://www.ortho.wustl.edu/content/Patient-Care/7115/Appointment-Information/Office-Locations/Center-for-Advanced-Medicine---South-County.aspx>)

Center for Advanced Medicine - South County

5201 Midamerica Plaza

Suite 1500

St. Louis, MO 63129 (<https://www.google.com/maps/dir/5201+Midamerica+Place,+St.+Louis,+MO+63129/@38.4822726,-90.3612281,16z/data=!3m1!4b1!4m9!4m8!1m0!1m5!1m1!1s0x87d8c620288c2b73:0x66bd86d832ca6baf!2m2!1d-90.3568507!2d38.4822727!3e1>)

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View this location (<https://www.ortho.wustl.edu/content/Patient-Care/7115/Appointment-Information/Office-Locations/Center-for-Advanced-Medicine---South-County.aspx>)

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(<https://www.ortho.wustl.edu/content/Patient-Care/7073/Appointment-Information/Office-Locations/Progress-West.aspx>)

Progress West Hospital

Medical Office Building 1

20 Progress Point Parkway, Suite 114

O'Fallon, MO 63368 (<https://www.google.com/maps/place/20+Progress+Point+Pkwy,+O'Fallon,+MO+63368/@38.7161053,-90.6979221,20.25z/data=!4m13!1m7!3m6!1s0x87ded3ea5e00c4cd:0x7ad9671067d65d82!2s20+Progress+Point+Pkwy,+O'Fallon,+MO+63368!3b1!8m2!3d38.7160048!4d-90.6983607!3m4!1s0x87ded3ea5e00c4cd:0x7ad9671067d65d82!8m2!3d38.7160048!4d-90.6983607>)
(314) 514-3500 (tel:3145143500)

View this location (<https://www.ortho.wustl.edu/content/Patient-Care/7073/Appointment-Information/Office-Locations/Progress-West.aspx>)

View all locations (<https://www.ortho.wustl.edu/content/Patient-Care/2321/APPOINTMENT-INFORMATION/Office-Locations.aspx>)