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Spondylolisthesis



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What is spondylolisthesis?



Spondylolisthesis is a spinal condition that affects the [lower vertebrae](#) (spinal bones). This [slippage](#) causes one of the lower vertebrae to slip forward onto the bone directly beneath it. It's a painful condition but treatable in most cases. Both therapeutic and surgical methods may be used. Proper exercise techniques can help you avoid this condition.

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