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Bertolotti's Syndrome: The Risk of a Stress Fracture

Síndrome de Bertolotti: Risco de Fratura de Stress

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Palavras-chave
Dor Lombar; Fracturas de Stress; Vertebras Lombares/anomalias congénitas

Bertolotti's syndrome has a prevalence of 4%-30%, It is a lumbosacral transitional vertebra that is commonly a missed cause of back pain.[1,2]

A 52 year-old woman, cooker, body mass index of 31.2 kg/m^2 present to pain medicine department with left lumbosacral pain for 1 year.

The computer tomography and magnetic resonance imaging of sacroiliac joint, revealed lumbosacral transitional vertebra with enlarged transverse process, articulating with sacral ala in the right side (Fig. 1) and a parcial sagittal trabecular fissure of the left sacral ala (Fig. 2).

The patient shows good response to pain killers and vitamin D supplementation associated with weight loss, exercise and job relocation. This approach leads to fracture healing and pain reduction.

This case highlights that the variation in the lumbosacral spine anatomy can result into facet joint arthropathy, muscle strain and functional imbalance. This pathological biomechanisms can results in a contralateral overload and consequently stress fractures.[3-5]

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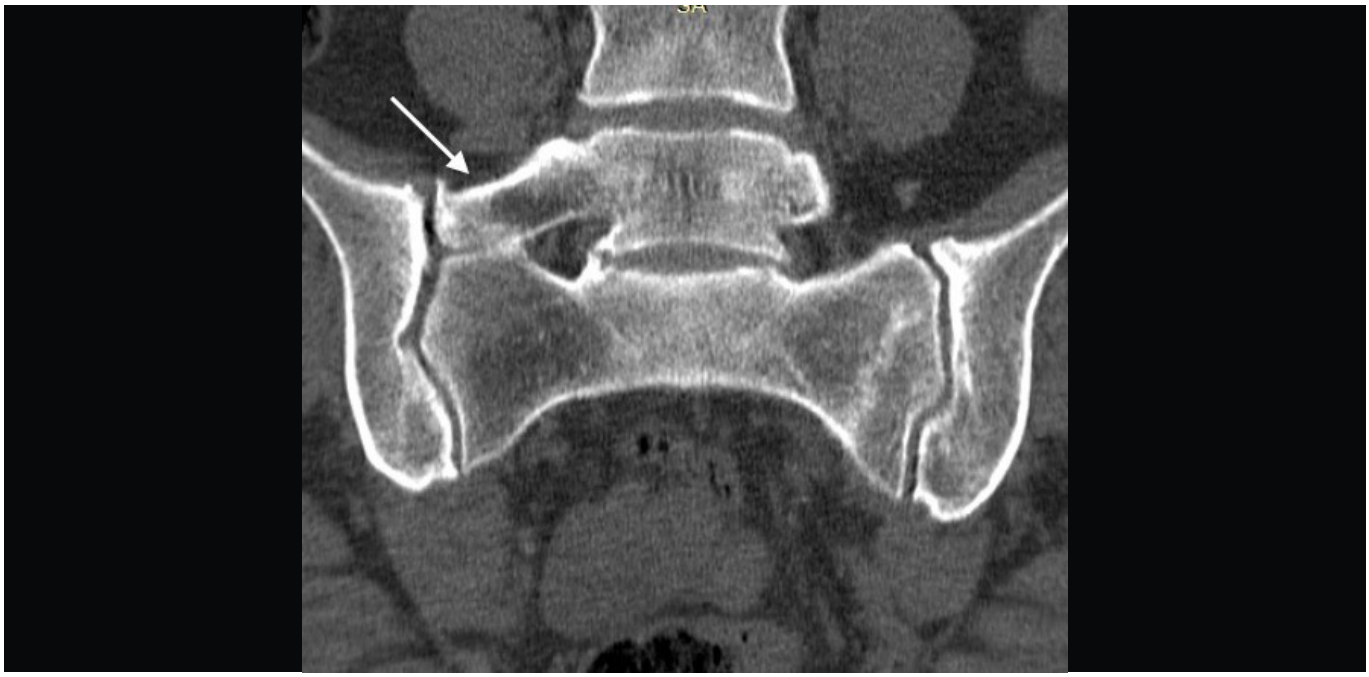

Figure 1. Coronal computed tomography image of sacroiliac joint showing a lumbosacral transitional vertebra with enlarged of right transverse process

Figure 2. Coronal corresponding T2-weighted of sacroiliac joint showing partial sagittal trabecular fissure of the left sacral ala