



SCREENING & TREATMENT

OF SCOLIOSIS

Scoliosis is a lateral curvature of the spine greater than 10°

Approximately 85% of cases are **idiopathic**, meaning there is no known cause



Screening

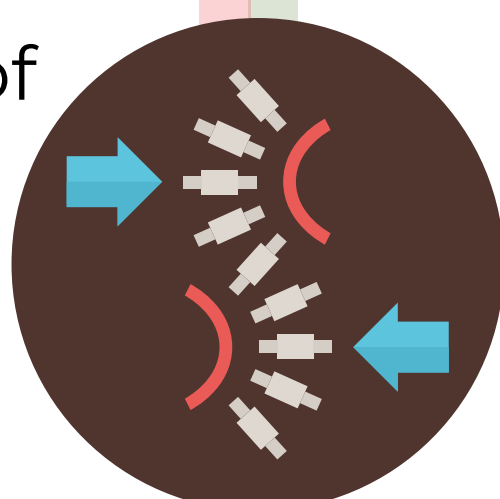
Asymmetry of the back on forward bending and x-ray

Signs and Symptoms

Most have no symptoms but progression may cause **respiratory compromise**

Factors that **increase** the risk of curve progression include:

- female sex
- skeletal immaturity
- degree at diagnosis

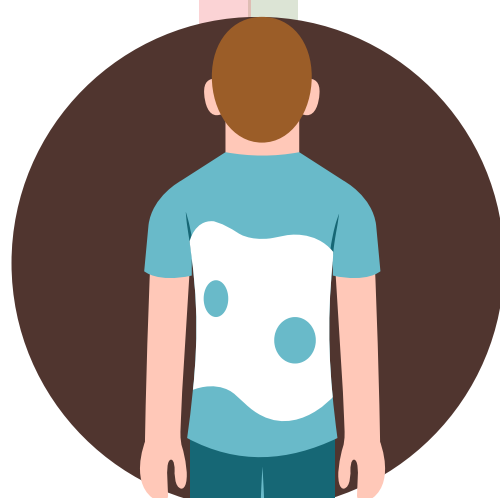


Treatment is guided by curve **progression** over time

- $>10^\circ$ → observation
- $>20^\circ$ → bracing
- $>40^\circ$ → surgery

Bracing

- A plastic or elastic shell that covers the torso
- May be worn under clothes and during most activities
- Does not reverse but may slow curve progression
- Effectiveness increases with hours worn each day



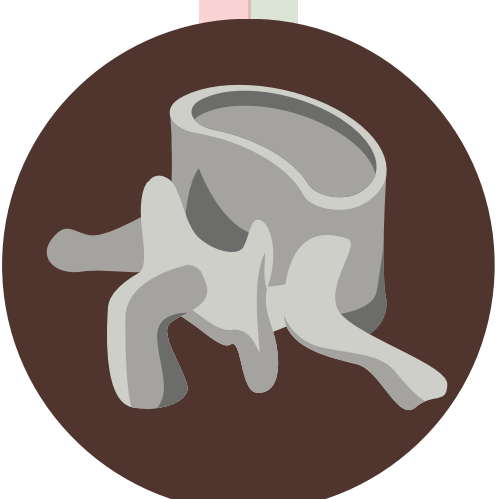
Spinal Fusion

two or more bones of the spine are connected using metal rods

Vertebral Body Tethering

a flexible cord is anchored to one side of the spine through small incisions

Disclaimer: Med ed materials, 2023. This information is intended to supplement, not contradict, the medical advice of your practitioner. For questions or more info, contact your practitioner.



Sources:

<https://www.aafp.org/pubs/afp/issues/2014/0201/p193.html>

<https://www.mayoclinic.org/diseases-conditions/scoliosis/diagnosis-treatment/drc-20350721>

www.mededmaterials.org