

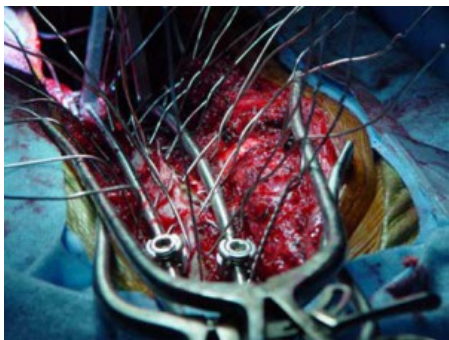


Scoliosis

- Common Name:
Scoliosis

Scoliosis is the curve of a person's spine from one side to another.

Which is the improper growth and formation of the spine curving to the sides.



Exercising has been found to have no damage but it is good to keep minimal amount to keep bones strong.

Symptoms:

- Slow nerve connections (certain cases)
- Uneven hips, arm and leg lengths
- Rib or shoulder blade prominent
- Uneven muscular structure on one side of the spine ².

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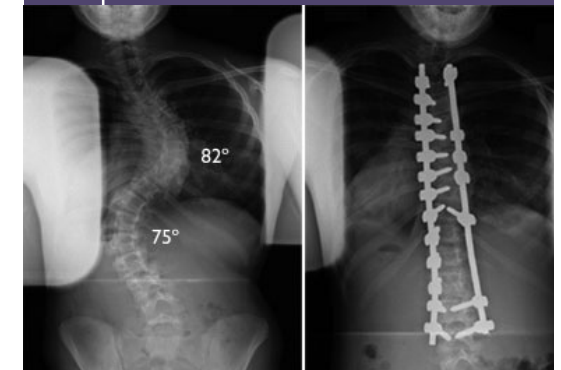
Anyone, 2% to 3% of Americans at 16 have scoliosis

Causes: Congenital scoliosis – bone abnormality present at birth

Neuromuscular scoliosis – result of abnormal muscles/ nerves.

Degenerative scoliosis – result from traumatic (injury/ illness) bone collapse, previous major back surgery, osteoporosis

Idiopathic scoliosis – most common type, no specific cause, strong evidence that it is inherited. ³.

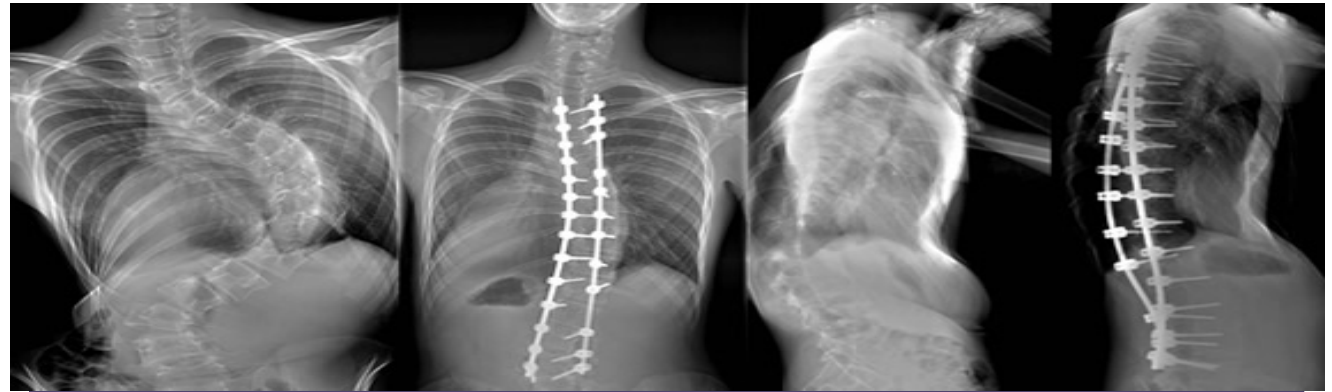


Treatments

& Cures

Braces – usually chosen by adolescents because their bone structure is still changing and growing so there is time for the structure to grow back into a normal place (25 – 40 degrees)

Surgery - more permanent option for those whose spine is already done growing, metallic pieces are chosen to correct the spin and to align it straighter but not perfectly (40 – 50 degrees)³



"The reason why my mom freaked out so much when she found out I had scoliosis was because my sister had it before me. It runs in the family."

- Anonymous (Scoliosis survivor)

Current Research

Skeletal maturity has a huge part in Scoliosis.

Even after skeleton maturity, 68% curves continued to happen.

Translatory shifts played a crucial role in curve progression.¹

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References:

1. Weinstein, S. L., and I. V. Ponseti. "Curve Progression in Idiopathic Scoliosis." *JBJS Journals*. The Journal of Bone and Joint Surgery, Inc., 1 Apr. 1983. Web. 19 Oct. 2014.
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2. Staff, Mayo Clinic. "Scoliosis." *Scoliosis Definition*. Mayo Foundation for Medical Education and Research, 3 Feb. 2012. Web. 18 Oct. 2014.
<<http://www.mayoclinic.org/diseases-conditions/scoliosis/basics/definition/con>

3. Derrer, David T. "Scoliosis of the Spine: Image, Causes, Symptoms, and Treatments." *WebMD*. WebMD, 23 May 2014. Web. 17 Oct. 2014.

Further Information:

Young children use a different method that does not involve fusion since it stops growth in bone