

Scoliosis

What is Scoliosis?

Scoliosis is a sideways curve of the spine. The spine also rotates on its long axis as it curves. It usually develops during early adolescence (aged 10-13 years) when growth is most rapid.

What causes Scoliosis?

The cause is unknown, but 80-90% of cases occur in otherwise healthy adolescents. This is called idiopathic (cause unknown) scoliosis.

Why is early detection Important?

Early detection of scoliosis is important so that intervention can commence. The role of physiotherapy with scoliosis is to slow and stop the progression of the scoliosis and offer pain relief and postural improvements.

HOW DO WE MANAGE SCOLIOSIS AT KIDS PHYSIOTHERAPY?

Monitor	Monitoring the curve is important. We will liaise with your GP or Orthopaedic Specialist and together we can periodically monitor the progression of the curve of the spine. Xrays will usually be ordered.
Physiotherapy	At Kids Physiotherapy we can use quality "hands-on" mobilization and soft tissue techniques to help maintain a flexible spine. Exercise prescription incorporating strength and mobility can be helpful in reducing the progression of the curve and preventing secondary complications such as pain.
Braces	Your GP or Orthopaedic Specialist may recommend your child to wear a hard plastic brace or a soft dynamic type brace to slow the progression of your child's spinal curve. Most braces use a three point pressure principle system to attempt to help correct the spinal curve.
Surgery	Surgery may be recommended by your GP or Orthopaedic Specialist. The decision for surgery is made with consideration of the degree of the curve, age of the patient and other medical complications.