



# Scoliosis SOS Clinic

City of London

**ScolioGold - The gold-standard non-surgical treatment for scoliosis and postural correction**

## Does a Four-Week Intensive Scoliosis-Specific Exercise Programme Decrease Patient-reported Pain in Subjects with Idiopathic Scoliosis and is this Maintained at Short-term Follow-up?

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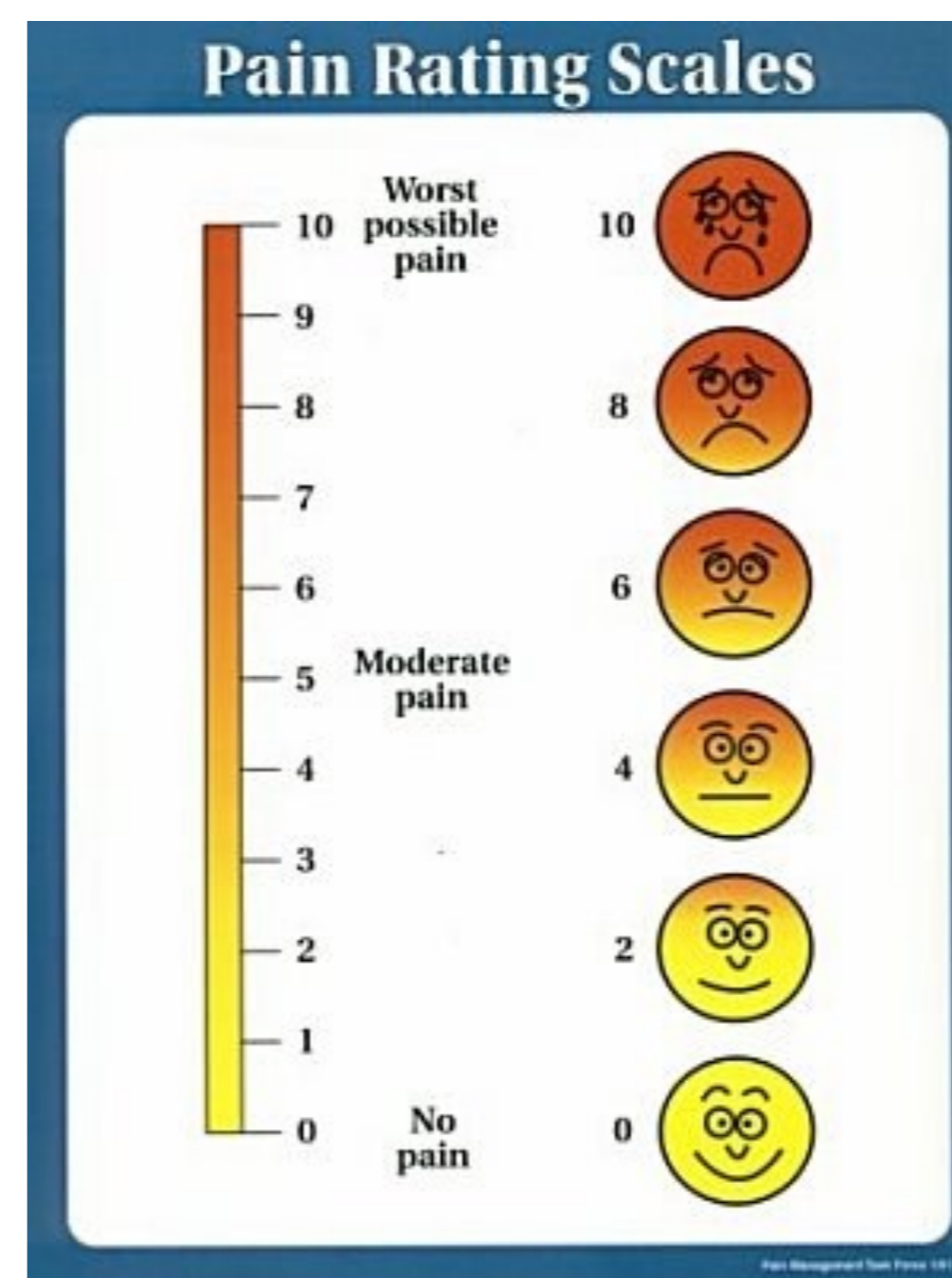
### Introduction; Why Measure Pain?

- Pain is one of the most common symptoms of scoliosis and contrary to common misconception it is frequently experienced by adolescents, not just adults with the condition.
- The presence of chronic back pain has also been linked to long-term disability and can have a negative impact on patients' psychological wellbeing<sup>1</sup>.
- This study investigates whether a four-week intensive scoliosis-specific exercise programme decreases patient-reported pain and if this is maintained at short-term follow-up.



### Method

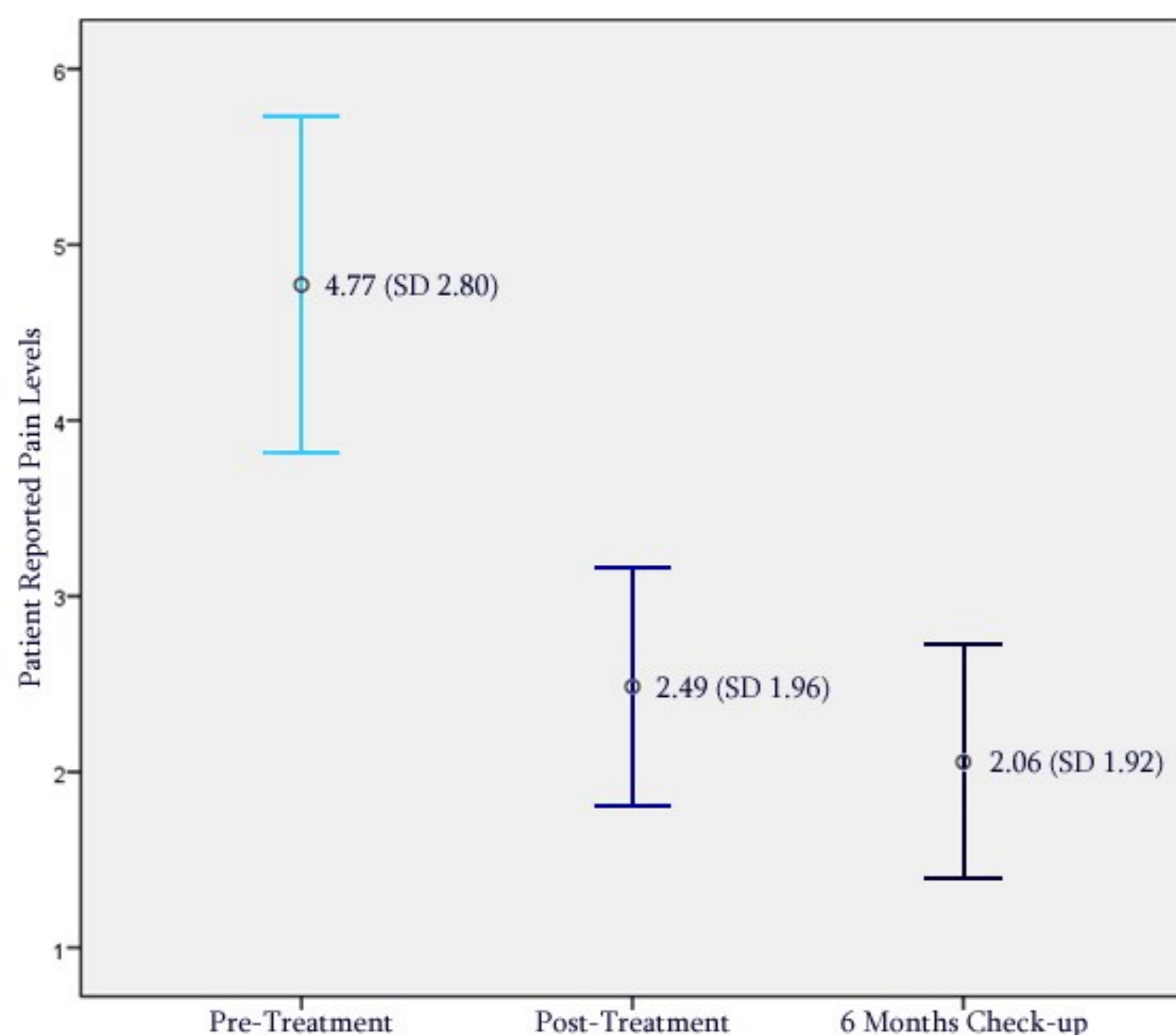
- 35 patients with Idiopathic Scoliosis were treated with a four-week intensive scoliosis-specific physiotherapy course (ScolioGold).
- Patients reported their pain before and after treatment, and at a subsequent 6-month check-up appointment using a ten-point, vertical, visual analogue scale (shown below).
- 10 = Worst possible pain and 0 = No pain



Patient Number	35
Sex (F:M)	30:5
Mean Age (years)	28.89
Age Range (years)	10 – 77



### Results



The differences in patient-reported pain were found to be statistically significant after the four-week treatment course and at 6 months' follow-up using Friedman's ANOVA ( $p = <0.001$ ).

### Conclusion

- Statistically significant reductions in patient-reported pain between pre- and post-treatment, and between pre-treatment and 6 months' follow-up were illustrated by the study.
- This shows that improvements in patients' pain levels following an intensive treatment course are not just maintained when they leave the clinic, but continue to decrease using their home exercise programme as well.
- Short-term results substantiate the use of specialised, intensive exercise regimes (e.g. ScolioGold) for treating scoliosis-related pain.

<sup>1</sup>Jackson MA, Simpson KH. Chronic Back Pain. Continuing Education in Anesthesia, Critical Care & Pain 2006; 6 (4): 152-155