

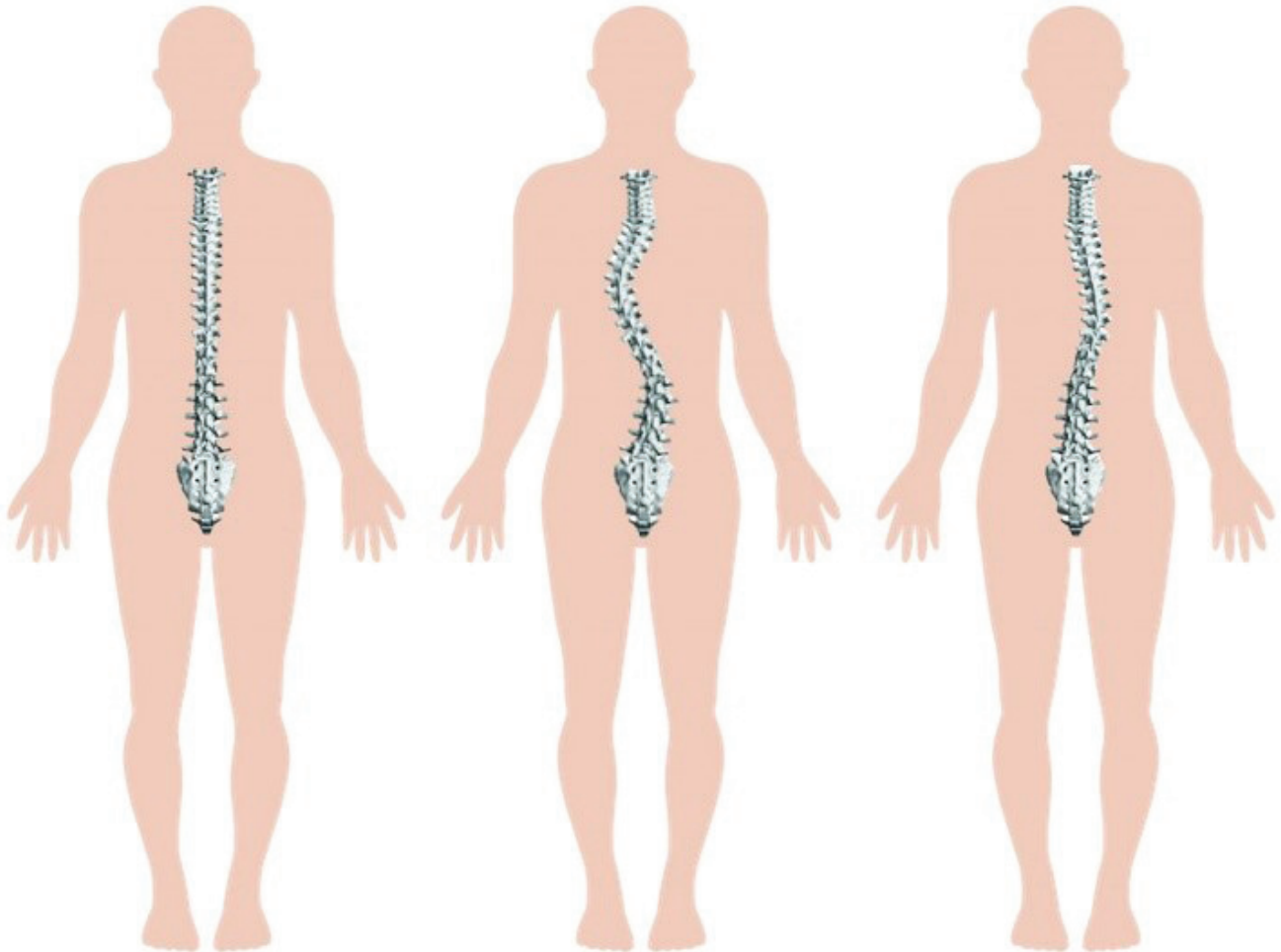


Scoliosis SOS Clinic

An Introduction to Scoliosis

Scoliosis? What's that?

Scoliosis is a condition where the spine rotates and curves into a 'C' or 'S' shape.



Normal

S-shaped Curve

C-shaped Curve

Ouch! What causes it?

Well, some people are *born* with a curved spine. That's called **congenital scoliosis**.

In others, scoliosis develops later in life due to the deterioration of the body as it ages. That's called **adult degenerative scoliosis**.

But in the majority of cases – roughly 80% – scoliosis is **idiopathic**.

What does 'idiopathic' mean?

It means **we don't know what causes it**.

Idiopathic scoliosis usually starts developing at **10-15 years of age**, roughly coinciding with the onset of puberty.

It is **more common in girls** than in boys.

And while it's thought to be linked to genetic factors, the exact underlying cause of idiopathic scoliosis remains unknown.

So what's it like living with scoliosis?



Every case is different, but a lot of people with scoliosis experience:

- **Back pain**
- **Reduced flexibility**
- **Muscle imbalance**



Scoliosis can also have a noticeable impact on the way you look. Visible signs of scoliosis include:

- **Leaning to one side**
- **Shoulders sitting at different heights**
- **'Rib hump' (rib cage more prominent on one side)**



As a result, **body image** is often an issue for people with scoliosis.

Some patients report feelings of **depression or low self-esteem**.

Can scoliosis be cured?

Not exactly. There's no 'cure' for scoliosis as such, but it can be treated in a number of different ways:



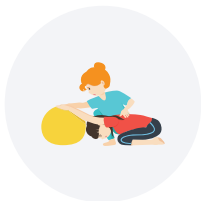
Observation – If the spinal curve is fairly minor and the patient hasn't yet finished growing, doctors may recommend a '**wait and see**' approach. In some cases, the scoliosis won't get any worse and no further treatment will be necessary.



Bracing – Children and teenagers with scoliosis sometimes have to wear a brace (usually a stiff plastic shell called a **Boston brace**, although there are other models) to prevent the spinal curve from growing any bigger.



Surgery – In severe cases of scoliosis, **spinal fusion surgery** may be recommended. This operation involves anchoring a series of rods to the spine, then applying a bone graft that eventually 'fuses' with the spine to keep it in place.



Physiotherapy – Many people with scoliosis choose to treat the condition with **exercise-based therapy**. A specialised physical therapy programme can reduce pain, improve flexibility, and boost the patient's overall quality of life.

Here at the **Scoliosis SOS Clinic**, we use an exercise-based treatment programme called **ScolioGold** to help people manage their scoliosis. We have treated patients of all ages from all over the world!

If you would like to arrange a consultation, please call **Scoliosis SOS** on **0207 488 4428** or **contact us online**.