

COBB ANGLE REDUCTION AFTER AN INTENSIVE COURSE OF PHYSIOTHERAPY

SCOLIOSIS SPECIFIC THERAPY: A CASE SERIES

Georgina Frere, Erika Maude, Mollie-Rose Turkentine, Jack Whiteside, Abbie Turland, Luke McKendrick
Scoliosis SOS Clinic, London, England

Introduction

- Treatment for scoliosis in the United Kingdom (UK) is determined using the Cobb angle.
- Physiotherapy Scoliosis Specific Exercise (PSSE) is not recognised on the National Health Service (NHS) in the UK for treatment for scoliosis.

Aims:

1. *To determine the significance of Cobb angle reduction in patients with scoliosis after completing an intensive course of PSSE.*
2. *To compare Cobb angle reductions between adults and children.*
3. *To compare Cobb angle reductions between size of curvatures.*

Method

- 23 patients with scoliosis treated solely with PSSE's were included in the case series.
- X-Rays of the patients' full spines were taken independently before and after treatment.
- The X-Rays were measured by three blinded assessors.
- The averages were analysed by descriptive statistics.

Conclusion

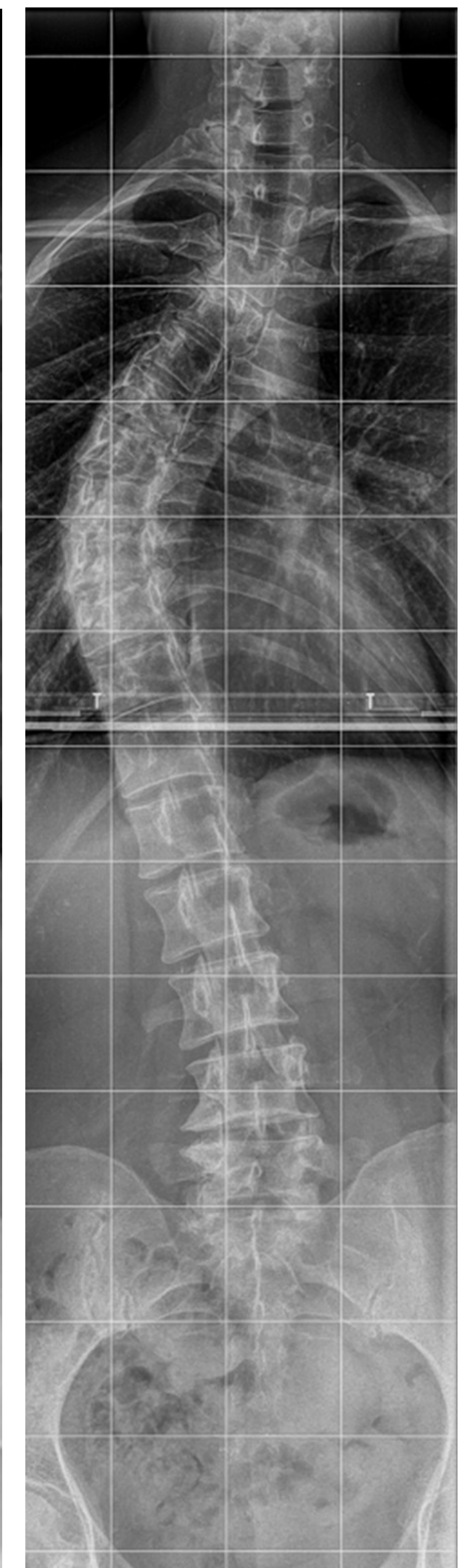
- A reduction of 5 degrees is clinically significant.
- This case series shows that PSSE's can achieve clinically significant Cobb angle reductions of thoracic and lumbar curvatures in adults and children with mild to severe curvatures.
- Further research is recommended to determine the effects of PSSE's on Cobb angle reduction.

Results

	Number	Thoracic Reduction	Lumbar Reduction
Sample	23	11.9° (SD=3.9)	10.8° (SD=4.9)
Children	18	10.4° (SD=3.9)	9.0° (SD=5.2)
Adults	5	14.4° (SD=1.3)	13.2° (SD=1.6)
Moderate		9.6° (SD=4.0)	14.8° (SD=8.7)
Severe		11.5° (SD=3.9)	9.1° (SD=3.4)



Before Treatment



After Treatment