



Treating Scoliosis with Physical Therapy

What is Scoliosis?

Scoliosis in layman's terms is the abnormal sideways curvature or rotation of the spine. Any curve, lateral or rotational greater than 10 degrees is considered Scoliosis. As the curve progresses to 20 degrees or beyond, there is an increased chance that the person or an observer, such as a parent or teacher, might notice abnormalities such as clothes hanging unevenly or the body tilting to one side. For The anatomy of the spine has "normal" curves in different regions to allow for proper movement mechanics and the absorption of force, however once those curves become excessive and/or create pain in additional areas it becomes an anatomical concern.

For reference, the neck region of the spine has a natural inward "C" shaped curve that holds the head up. With the natural curve of the neck the head feels like 10-12 pound, however with a 2 inch forward shift the head could feel as though it weighs up to 30 pounds. In addition to the neck region, scoliosis can be found in the midback (thoracic) and low back (lumbar) regions as well. In the midback one would normally see something called "kyphosis" which is a rounded back.

Think of the humpback of Notre Dame. Ok not THAT exaggerated!

When is Scoliosis Diagnosed?

Scoliosis can be diagnosed at all ages, depending on the type. 80% of all cases of "spontaneous" scoliosis are diagnosed between the ages of 10-18 years old as the body goes through many structural changes and new movement patterns. Some common signs and symptoms of scoliosis are:

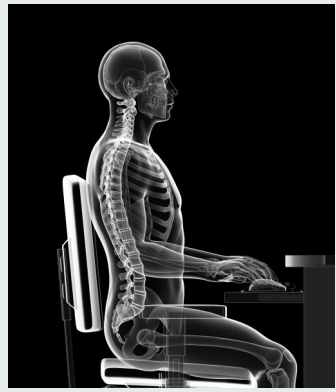
- **Clothes fit awkwardly or hang unevenly.**
- **Sideways curvature observed while in bathing suit or changing**
- **Pain on one side**
- **Muscle Imbalances and spasms**
- **Reduced Range of Motion**
- **Obvious Deformity**

Although scoliosis is diagnosed in the adolescent years, it's very rare that those who are diagnosed ever suffer from severe effects. Those who are closer to the 20 degree or above curvatures can be referred to physical

therapy to help correct the muscle imbalances, increase range of motion and mobility and re-train movements to create more symmetry throughout the body.

How Can Physical Therapy Help?

Here at LSTC, we do a thorough evaluation with our Physical Therapists in which they determine the location of the curvature or rotation, as well as any muscle imbalances and create a personalized plan to increase the symmetry throughout the body. In addition to that, we also look to create more functional movement patterns that are trainable and can be reproduced in daily life.



3 Ways the Spine is Categorized when it Strays from the Normal Shape



When the curves in your spine appear more exaggerated, it's likely you're looking at a spinal deformity. There are three ways that the spine can be categorized when it strays from the normal shape:

1. **Kyphosis**
2. **Lordosis**
3. **Scoliosis**

Kyphosis and lordosis both refer to the excessive curvature where there is *already* a gentle curve in the spine. Kyphosis is the abnormal curvature of the upper back, also known as the thoracic spine, resulting in a round back appearance. Lordosis is an abnormal curvature of the lower back, also known as the lumbar spine, sometimes referred to as swayback. Scoliosis is when the spine has some form of rotation as well as a "C" or "S" shaped curve. You might think these curves appear primarily in the older population but that's not true.

703-450-4300

Success at LSTC



"I came here because I dislocated my knee. Throughout all the sessions I have gained more knee strength and mobility. The therapist are very kind and understanding."

- Michael P.



"By going to physical therapy here I feel so much more confident in using my shoulder in my sport. Before coming I used to not be able to reach overhead without pain and now I can with my left shoulder. Everyday tasks like reaching up to grab heavier things and close cabinets that are above me are a lot easier now."

Outpatient Physical Therapy Specializing in:

- * Lower Back Pain * Neck Pain * Sciatica *
- Hip Problems * Shoulder Pain * Bursitis *
- Tendonitis * Frozen Shoulder
- Joint Pain and Replacements * Foot and Ankle Pain * Plantar Fasciitis * Knee Problems
- * Arthritis * Muscle Pains * Sprains *
- Strains * Hand, Wrist, and Elbow Problems *
- Sports Injuries *
- Sports Performance Program * Ergonomics
- * Runners Program * Other Conditions

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Our Splash the Staff event will take place on October 8th! Be on the lookout for videos of the event!

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 Loudoun Sports Therapy Center
The Leader in Physical Therapy

