

Scoliosis can affect adults too.

Scoliosis is often thought of as a condition that only affects teenagers.

In fact, scoliosis can develop at any time.

Scoliosis is highly prevalent in adults, with estimates as high as 68% reported in patients aged 60-90 years. It is believed that this will increase over the next 20 years as people live longer.

Understanding scoliosis in adults

Key Points:



Scoliosis care for adults focuses on pain management, balance and postural improvement.



Goals for adult scoliosis treatment are centred around better quality of life.



An x-ray is usually required to accurately diagnose a scoliosis after a physical assessment.



Visit a ScoliCare Clinic for accurate assessment and early treatment for best results.

Contact your local ScoliCare Clinic:



1300 883 884
support@scolicare.com
www.scolicare.com



Early detection of adult scoliosis is important, and any changes or visual indications should be assessed by a scoliosis clinician.

Common indicators for adults can include:

- ✓ Pain (related to the curve itself or the compression of the spinal nerves)
- ✓ Postural changes/collapse including a forward lean or hunch
- ✓ A family history of scoliosis
- ✓ Significant loss of standing or sitting height
- ✓ Impact on movement and quality of life

These symptoms can co-exist with other clinical factors such as history of surgery, menopause or a diagnosis of osteopenia/osteoporosis, all of which can have a compounding effect on scoliosis progression.

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Detecting early, and an accurate diagnosis combined with early treatment leads to better clinical outcomes and quality of life.
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Types of scoliosis

There are two types of scoliosis which can affect adults.

Pre existing or Adult Idiopathic Scoliosis is scoliosis which was present when the person was younger and is only diagnosed in adulthood

Degenerative or De Novo Scoliosis occurs when the person has had a straight spine until a certain point, when degeneration of the bones, joints or cartilage discs cause the onset of the degenerative scoliosis.



Treatment options

Early intervention with non-surgical treatments can play an important role in managing adult scoliosis.



Scoliosis specific rehabilitation
Strengthening the muscles and improving spinal balance may be achieved through a program of scoliosis specific exercise.



Custom Scoliosis Bracing
Wearing a custom 3D designed scoliosis brace can support the spine, realign posture, reduce pain and improve quality of life for adults with scoliosis. Most adults only need to wear the brace part time each day to get results.



Surgery
Surgery may be recommended for those patients who do not respond to non-surgical treatment after a period of time, or when the spinal deformity is severe or getting worse and having a significant impact on their overall quality of life.