

Hyperkyphosis is an exaggerated rounding of the mid-back.

The term kyphosis describes the gentle natural shape of the mid-back when viewed from the side.

Hyperkyphosis is an increase of this natural shape, where the mid-back develops a more exaggerated rounding.

An increase of kyphosis in a child or adolescent should be investigated and assessed. If left untreated, hyperkyphosis can worsen over time, creating symptoms, and become more difficult to treat.

Understanding Hyperkyphosis in Children

Key Points:



An X-ray and a physical assessment is usually required to accurately diagnose a hyperkyphosis.



Many cases of hyperkyphosis develop during the rapid adolescent growth spurt.



Recognising hyperkyphosis early is important for treatment options. Any unusual signs should be investigated.



Visit a dedicated clinic for accurate assessment and early treatment for the best possible results.

Contact your local clinic:



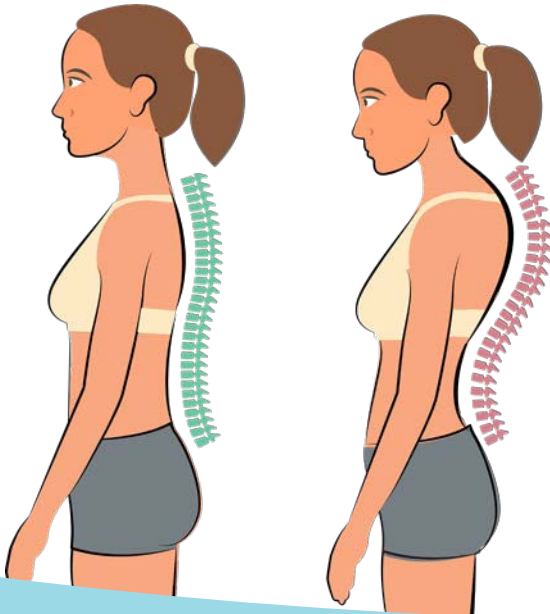
ScoliCare
1300 883 884
patients@scolicare.com
www.scolicare.com



Hyperkyphosis Symptoms

Symptoms of hyperkyphosis may include:

- ✓ Poor posture with an obvious slouch or hunching appearance of the mid-back
- ✓ Sometimes pain in the mid-back (although this is not always a symptom)
- ✓ Spinal stiffness and tight muscles in the spinal and lower limb areas
- ✓ Forward neck and head posture. Possible neck and shoulder ache as well as headaches
- ✓ In some cases, hyperkyphosis can also present with a scoliosis at the same time



Normal Spine

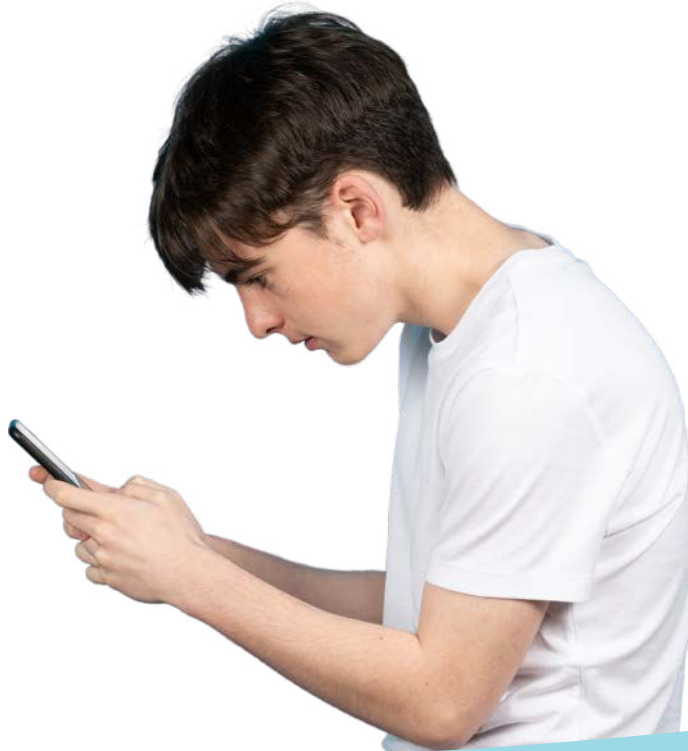
Hyperkyphosis

Types of Hyperkyphosis

There are various types of hyperkyphosis:

Postural hyperkyphosis often appears in adolescence. The rounding of the back is exaggerated due to poor posture.

Scheuermann's kyphosis also tends to appear during adolescence. The bones of the mid back typically change shape, creating a structural deformity of the spine. This condition is more common in males, and can progress with growth.



Treatment Options

Early, non-surgical intervention can play an important role in treating hyperkyphosis.



Kyphosis specific rehabilitation
Kyphosis specific exercise may be used for flexible or postural curves.



Custom Kyphosis Bracing
Scheuermann's kyphosis and larger, more complex kyphosis curves may be managed by a custom designed kyphosis specific brace which is used in conjunction with kyphosis specific rehabilitation. Brace wear and rehabilitation, especially during periods of growth, can help improve or stabilise a worsening kyphosis.



Surgery
Surgery is generally reserved for severe cases where non-surgical treatments are not appropriate. Where possible, it is preferable to avoid surgery through the use of early conservative management.