

The prevalence of hyperkyphosis increases with age¹

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.

As we age, the discs between our vertebrae can begin to degenerate. The bones themselves may also become weaker and less dense. These changes can contribute to the development of a hyperkyphosis or the worsening of an existing kyphosis.

Early diagnosis and intervention are important in managing this condition.

1 - References available at www.scolicare.com/references

Key Points:



Hyperkyphosis care for adults focuses on pain management, improved strength and flexibility, and postural improvement.



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



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



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

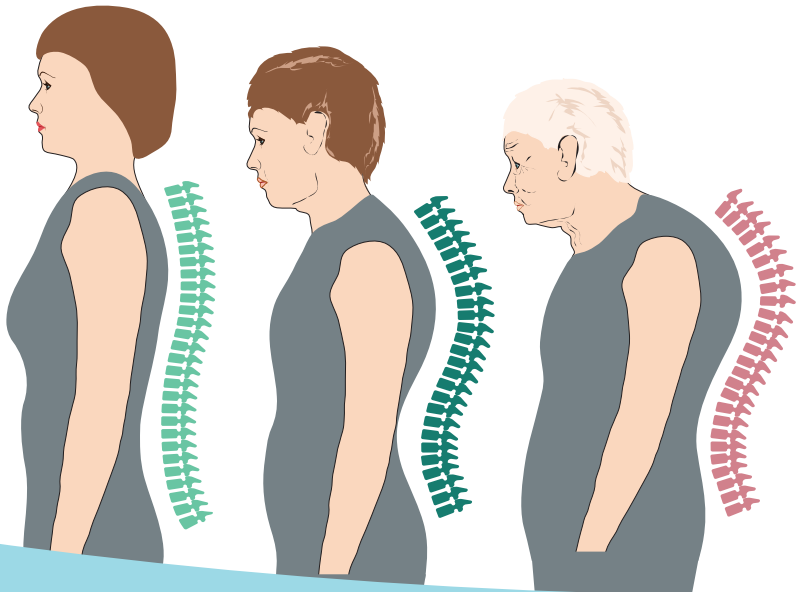
Understanding Hyperkyphosis in Adults



Hyperkyphosis Symptoms

Adult hyperkyphosis can have varying symptoms and degrees of severity including:

- ✓ Poor posture with an obvious slouch or hunching appearance of the mid-back
- ✓ Back soreness, neck pain and difficulty standing upright
- ✓ Impaired physical function with impacts on basic functioning and daily living
- ✓ Increased risk of falls and fractures

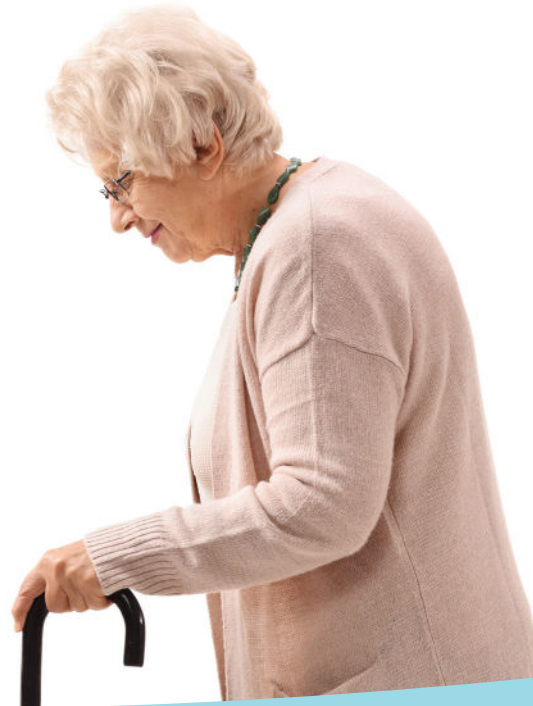


Types of Hyperkyphosis

There are two types of hyperkyphosis which can affect adults:

Pre-existing hyperkyphosis is when the condition was present when the person was younger and is only diagnosed in adulthood.

Age-related hyperkyphosis occurs when degeneration of the bones, joints or cartilage discs causes onset of the hyperkyphosis as an adult. This can also be a result of conditions that affect the bones in the spine such as osteoporosis.



Treatment Options

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



Kyphosis specific rehabilitation

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



Custom Kyphosis Bracing

Wearing a custom designed kyphosis brace in conjunction with kyphosis specific rehabilitation can support the spine, realign posture, reduce pain and improve quality of life for adults with hyperkyphosis. Most adults only need to wear the brace part time each day to get results.



Surgery

Surgery may be recommended for those patients whose case is too severe for non-surgical treatments. Surgery can often be avoided through the use of early conservative management.