

Cactus Pediatric Orthopaedics

dba Kids' Fracture Care

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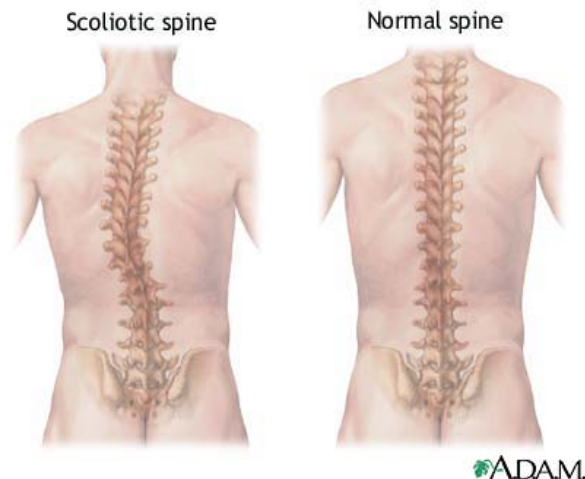
Idiopathic Scoliosis

What is Scoliosis?

Scoliosis is characterized by a lateral curvature of the spine. The widely accepted angle for diagnosis of a true scoliosis is 10 degrees. The method used to measure the curve is known as a Cobb angle. This is the standard form of measurement and determines the course of treatment.

Idiopathic scoliosis is the most common type of scoliosis and unfortunately there is no true etiology for the cause. Most curves just require continued evaluation with X-rays, however other types of curves may need MRI evaluation to rule out any spinal cord anomalies. Scoliosis can run in the family however there is still no true explanation why this occurs.

Normally, scoliosis does not cause back pain.



What are the classifications of scoliosis curves?



- 10 - 25 degrees is classified as mild scoliosis
- 25 - 45 degrees is classified as moderate scoliosis
- > 45 degrees is classified as severe scoliosis

How is Idiopathic Scoliosis treated?

- Curves less than 25 degrees are treated conservatively with observation and monitoring with repeat radiographs every 6 - 12 months
- Curves between 25 - 45 degrees are normally treated with bracing in a TLSO (thoracic lumbar sacral orthosis) to slow the progression of the curve
- Curves greater than 45 degrees are normally treated with surgery depending on patients age, maturity, and affects on daily life
- Physical therapy to strengthen core muscles especially in patients with back pain

