



AdvaCare Clinics: Scoliosis Treatment with Chiropractic Care

Chiropractic Care for Scoliosis Treatment

Scoliosis is a medical condition in which a person's spine is curved from side to side. Although it is a complex three-dimensional deformity, on an X-ray, viewed from the rear, the spine of an individual with scoliosis may look more like an "S" or a "C", rather than a straight line. Any type of sideways curvature is abnormal. From the back, the spine should appear straight. Scoliosis typically starts as a postural distortion, and can become a permanent deformity.

Patients having reached skeletal maturity are less likely to have a worsening case. Some severe cases of scoliosis can lead to diminishing lung capacity, putting pressure on the heart, and other vital organs.

There are many types of scoliosis, including:

Scoliosis is typically classified as either

1. Congenital
 - Caused by vertebral anomalies present at birth.
 - Approximately 15% are congenital
2. Idiopathic – meaning *arising spontaneously or from an obscure or unknown cause*, subclassified as infantile, juvenile, adolescent, or adult, according to when onset occurred).
 - It has been estimated that approximately 65% of scoliosis cases are idiopathic. Idiopathic scoliosis is a condition which lasts a lifetime, but it does not lower one's expected life span.
 - Girls are eight times more likely to develop it than boys
 - Idiopathic is the most common type of scoliosis.
3. Neuromuscular (having developed as a secondary symptom of another condition, such as spina bifida, cerebral palsy, spinal muscular atrophy, or physical trauma). A lesser-known cause of scoliosis could be a condition called Chiari malformation.
 - About 10% are secondary to a neuromuscular disease.

Recent longitudinal studies reveal that the most common form of the condition, late-onset idiopathic scoliosis, is physiologically harmless and self-limiting. The rarer forms of scoliosis pose risks of complications.

The signs of scoliosis can include:

- Uneven musculature on one side of the spine
- A rib prominence and/or a prominent shoulder blade, caused by rotation of the ribcage in thoracic scoliosis
- Uneven hips, arms or leg lengths
- Slow nerve action (in some cases)
- Back and leg pains may develop but are often dismissed as “growing pains.”

Scoliosis often presents itself, or worsens, during the adolescence growth spurt. Early detection is important because medical observation is needed during the growing years to make sure the curve doesn't worsen.

Patients who initially present with scoliosis are examined to determine whether the deformity has an underlying cause. A thorough neurological examination is also performed.

When a scoliotic curve is between 0-25 degrees, this is considered the early stage of [scoliosis](#). The early stage is when the body benefits the most from conservative treatment, because the muscles and tissues have not been deformed for many years as the body tries to compensate for the abnormal twisting of the spine.

The Chiropractic Approach To Scoliosis Care

Getting such a life-changing diagnosis can feel extremely isolating. But we want you to know that you are not alone. In fact, scoliosis is estimated to affect at least 4.5% of the population. We have treated many scoliosis cases and understand the helplessness and confusion that comes when you have been diagnosed with scoliosis. We know, just like you do, that scoliosis can have the power to impact your life, not only with progressively increasing pain and disfigurement, but also affecting your overall health, quality of life, and longevity. If you could reduce or prevent these changes, would you?

Right now, in the United States, over 100,000 cases of scoliosis are diagnosed every year. Until now, the only treatment options for them were bracing & surgery.

Thanks to modern technology it is now possible to reduce the pain and disfigurement of scoliosis and actually reduce the scoliosis curve without relying on bracing or surgery.

Scoliosis Treatments

We incorporate a combination of treatment programs for scoliosis that I have seen and learned over the past 33 years. The great thing about it is how reproducible the treatment has been.

In addition to using structural and muscle memory correction technique and traction base techniques I have learned over the years in my practice, I have added the positive effects of Laser therapy to aid in the muscle re-education and release of the splinting and spasm of tissues along the spine that can occur with scoliosis.

Treatment involves exercise, traction, massage, chiropractic adjustments, and proprioceptive neuromuscular re-education and more.

Every scoliosis case is different, and results vary widely from case to case. Conservative treatment options that look at changing alignment, muscle patterns and memory and resetting the central nervous systems understanding of where the body is and moving against gravity is always a smart choice before moving right into surgery or long confining periods in bracing. Most importantly though is the patients and their families understanding and dedication towards pursuing conservative, early intervention for scoliosis. The key word being **EARLY**. Not taking the approach of waiting to see how much the curves progress, which is often the case with school screening programs and then the orthopedic approach to see if things do become more curved, distorted and serious enough to be consider for surgery.

If you or a loved one is currently dealing with scoliosis, contact AdvaCare Clinic today at 952-835-6653!

