

Poster presentation

Patient-specific exercise programs in the conservative management of the so-called idiopathic scoliosis

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Objective

To describe the application of a new classification system for early identification of patients that will benefit from specific exercise programs designed to prevent deformity development and progression

Study design

A group of 629 children, aged four to eight years, were identified in school scoliosis screening programs. Children judged to be at risk were assigned to three groups based on diagnostic protocols to identify asymmetry in posture and movement correlated with curvature patterns.

Methods

Exercise programs designed to improve flexion and stretching, and not strengthening, were used.

Results

Among treated patients, curvatures in seventy-one percent either improved or remained stable. Sixteen percent progressed significantly, with thirteen percent progressing to the point of requiring operative intervention.

Conclusion

Successful exercise-based rehabilitation requires early detection combined with programs designed for specific signs and symptoms in children at risk for progression.