

An Editorial Note on Scoliosis

Khaja Mano*

Department of Scoliosis, Ortho Spine Institute, Nagpur, Maharashtra, India

Editorial

It is the medical condition related to a person's spine curve which is having sideways curve, usually S or C shaped over three dimensions. In some cases the degree of curve is stable and in others it increases over time. Cause of the most cases is not clear but believes that different factors involved like genetic and environmental factors. There are different types and causes of scoliosis, such as idiopathic, degenerative, congenital, neuromuscular, thoracogenic and syndromic. Idiopathic meaning itself says there is no specific cause but it is the most common form among 80 percent of the scoliosis cases, degenerative case is also fairly common like it affects around 39 percent of the population, rare forms include congenital scoliosis which affects one in ten thousand newborns. Infantile idiopathic scoliosis will be diagnosed in children of ages 0-3, juvenile idiopathic scoliosis will be diagnosed in children of age 4-10, adolescent idiopathic scoliosis is diagnosed in young people ages 11-18, girls are experienced this much more frequently than boys at ratio of 10:1. Adult idiopathic or degenerative scoliosis is diagnosed in people older than 18. Degenerative scoliosis results from asymmetrical disc degeneration over time this type of scoliosis tends to affect the lumbar spine region, people with this problem will experience difficulty in standing upright and pain in the back. Congenital scoliosis is the case where spine does not develop properly in utero, only one of the vertebral body develops, and signs include failure of segmentation like spines are fused, rib fusion. Neuromuscular scoliosis is caused by brain, spinal cord and muscular

system disorders, conditions include cerebral palsy, spinal muscular atrophy, angelman syndrome, Arnold-chiari malformation or spinal cord trauma.

Thoracogenic scoliosis is observed in patients whose spinal development has been asymmetric due to radiation therapies during childhood tumors or surgeries to address congenital heart defects. Syndromic scoliosis disorders are related to: muscular system disorder which involves muscular dystrophy, poliomyelitis, arthrogryposis, or spina bifida, whereas connective tissue diseases include Marfan syndrome and Ehlers-Danlos syndrome. Some of the common symptoms of scoliosis depends on the severity of the curves, whereas in mild cases symptoms may be purely cosmetic and can include visible difference in hip and shoulder height, one or both of the hips are raised, uneven shoulders, head will be not centered, rib cage heights on either side will be differed, waistline appears uneven, entire body will lean toward one side. Whereas the symptoms related to most serious cases include: severe back pain, inability to stand upright, leg pain, numbness, weakness due to radiculopathy or pressure on nerves in the lumbar spine, bladder dysfunction. Diagnosis of scoliosis involves firstly the physical exam of your spine like observing the back and posture of the person while standing, checks for spine curvature, whether shoulder and waist area of the person are symmetrical or not. Then next level observation will be imaging which include: X-ray, MRI scan, CT scan, Bone scan. Treatment will be depends on the degree of spine curvature, age and the type of the scoliosis. Primary treatment options are bracing: it won't straighten the spine but can prevent the curvature from increasing. Other option is Surgery which is recommended for the people whose curves are greater than 40 degrees, some of the surgeries may include spinal fusion and bone graft.

How to cite this article: Khaja Mano. "An Editorial Note on Scoliosis." *J Spine* 9 (2020): 457. DOI: 10.37421/jsp.2020.9.457

*Address for Correspondence: Mano K, Department of Scoliosis, Ortho Spine Institute, Nagpur, Maharashtra, India, E-mail: khaja47@gmail.com

Copyright: © 2020 Mano K. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Received 14 July 2020; Accepted 24 August 2020; Published 31 August 2020