

# Kyphosis: An Overview

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## Editorial

Excessive forward rounding of the upper back is known as kyphosis. Kyphosis in older persons is frequently brought on by the spinal bones' weakening, which leads to their compression or cracking. Other forms of kyphosis may manifest in children or adolescents as a result of spinal deformity or gradual wedging of the spinal bones. Mild kyphosis rarely results in issues. A severe kyphosis can hurt and be unsightly. The reason, severity, and age of your kyphosis will all influence how you are treated.

## Symptoms

Mild kyphosis could not cause any obvious symptoms or indicators. In actuality, a slight kyphosis occurs naturally in the upper back. Excessive curvature may cause stiffness and back pain in the individual.

## Causes

A healthy spine is made up of bones called vertebrae that resemble cylinders stacked in a column. When the back vertebrae take on a more wedge shape, kyphosis results.

Vertebral shape can be altered by:

**Fractures:** The spine may curve as a result of broken vertebrae. The most frequent fractures are compression fractures, which can happen when a bone is weak. Mild compression fractures frequently don't provide any obvious symptoms or indicators.

**Osteoporosis:** Fragile bones can result in spinal curvature, particularly if weak vertebrae have compression fractures. Older women and people who have taken corticosteroids for a long time are more likely to develop osteoporosis.

**Disk degeneration:** Between the spinal vertebrae, soft, spherical discs serve as cushions. These discs flatten and decrease as we age, which frequently makes kyphosis worse.

**Scheuermann's illness:** Also known as Scheuermann's kyphosis, often starts during the growth spurt that takes place prior to puberty.

Other issues include kyphosis, which is brought on by improper prenatal development of the spine. Children who have kyphosis may also have other health issues, such as Ehlers-Danlos syndrome.

## Complications

Kyphosis can result in back pain as well as: Limited physical abilities: Kyphosis is characterised by weak back muscles and challenges with basic physical activities like walking and getting out of chairs. Additionally, the curvature of the spine can make it painful to lie down and make it difficult to look up or drive. Severe kyphosis can compress the digestive tract, leading

to issues including acid reflux and swallowing difficulties. Body image issues: Having a rounded back can make people with kyphosis, particularly teenagers, feel unattractive.

## Diagnosis

In general, a comprehensive physical examination by your doctor will include measuring your height. While the provider examines your spine from the side, you could be asked to lean forward from the waist. A neurological examination may also be performed to assess your reflexes and muscular endurance.

## The following tests may be requested:

**CT scans or X-rays:** X-rays can identify vertebral abnormalities and measure the degree of curvature. In the event that your doctor needs more precise images, a CT scan might be suggested. MRIs use radio waves and a strong magnetic field to find tumours or infections in the spine

**Stress testing:** Tests may be required to assess how well nerve impulses are moving from your spinal cord to your extremities if you are feeling numb or have weak muscles.

**Tests for bone density:** Low-density bone can exacerbate kyphosis and is frequently treatable with treatment [1-5].

## Acknowledgement

None.

## Conflict of Interests

None.

## References

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