

# Advancements of Scoliosis: Treatment, Diagnosis, Risk factors and its Causes

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## DESCRIPTION

Scoliosis is a complex spinal deformity characterized by an abnormal sideways curvature of the spine. While it primarily affects the skeletal system, its implications extend to the entire body. This study discusses about the scoliosis in detail, covering its definition, causes, risk factors, diagnosis, and treatment options. Scoliosis is a medical condition characterized by a lateral (side-to-side) curvature of the spine. It can affect individuals of all ages, from children to adults and varies in severity. Understanding the fundamentals of this condition is essential for effective management.

## Advancements

Advancements in scoliosis bracing techniques, materials and designs offer more effective and comfortable options for patients. Minimally invasive surgical techniques are transforming scoliosis surgery, leading to shorter hospital stays and quicker recovery times. Real-life stories from individuals with scoliosis provide insights into their journeys, challenges, and successes in managing the condition.

## Diagnosis

The diagnosis of scoliosis begins with a thorough physical examination, where the healthcare provider assesses the curvature's severity, location, and other associated factors.

X-rays, computed tomography scans, and magnetic resonance imaging are essential for accurately measuring and evaluating the curvature, identifying its type and assessing its impact on spinal structures and nearby organs. Receiving a scoliosis diagnosis can be challenging, especially for adolescents.

Living with scoliosis often involves adaptations in daily life, including physical activities, clothing choices, and ergonomic considerations. Scoliosis is a lifelong condition for many individuals. This study discusses about the the long-term outlook, potential complications, and the importance of ongoing monitoring and care.

## Treatment

**Non-surgical treatment:** Non-surgical approaches to scoliosis management include observation (for mild curves), bracing (for moderate curves in growing children), and physical therapy to improve posture and muscle strength.

**Surgical treatment:** When scoliosis progresses significantly or causes severe symptoms, surgical intervention may be necessary. This study discusses about the various surgical techniques, such as spinal fusion and instrumentation, used to correct spinal deformities.

## Risk factors

Identifying scoliosis typically involves visual assessment and physical examination. Common risks include uneven shoulders, a prominent shoulder blade, an uneven waist, and a visible curvature of the spine. Scoliosis can cause various symptoms and complications, including back pain, muscle imbalances, breathing difficulties and psychological effects related to body image and self-esteem. The precise cause of idiopathic scoliosis remains unknown, but several theories suggest a combination of genetic, neurological, and environmental factors. Congenital, neuromuscular, and degenerative scoliosis have distinct underlying risk factors. While idiopathic scoliosis has no known cause, certain risk factors may increase the likelihood of its development. These factors include family history, age, and gender, with adolescent girls being more commonly affected.

## Causes

The exact causes of scoliosis are believed to contribute to the development of this spinal deformity. Idiopathic scoliosis is the most common form, accounting for approximately 80% of cases. It has no known single cause but is thought to be influenced by genetic, environmental, and hormonal factors. It often appears during adolescence, and its exact trigger remains a subject of ongoing research. There is evidence to suggest that scoliosis may run in families, indicating a genetic component. Specific genes related to the condition are being studied to better understand

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**Received:** 01-Nov-2023, Manuscript No. OMCR-23-26973; **Editor assigned:** 06-Nov-2023, Pre QC No: OMCR-23-26973 (PQ); **Reviewed:** 20-Nov-2023, QC No: OMCR-23-26973; **Revised:** 27-Nov-2023, Manuscript No: OMCR-23-26973 (R); **Published:** 04-Dec-2023, DOI: 10.35248/2161-0533.23.12.381

**Citation:** Razan J (2023) Advancements of Scoliosis: Treatment, Diagnosis, Risk factors and its Causes. Orthop Muscular Syst. 12: 381.

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its hereditary aspects. Certain neurological or muscular disorders, such as cerebral palsy, muscular dystrophy or spinal cord abnormalities can lead to scoliosis due to the imbalance of muscle strength around the spine. Scoliosis can result from congenital spine abnormalities present at birth, such as malformed vertebrae or incomplete segmentation of the spine during fetal development. Degenerative scoliosis occurs later in life as a result

of age-related changes in the spine, such as disc degeneration, osteoarthritis, and vertebral compression fractures. Some connective tissue disorders like Marfan syndrome and Ehlers-Danlos syndrome can affect the connective tissues in the spine and increase the risk of scoliosis. An inequality in leg length can lead to uneven weight distribution and potentially contribute to the development of scoliosis, although this is a less common cause.