



Swiss Scoliosis

Centre for spinal and scoliosis surgery
Zentrum für Chirurgie der Wirbelsäule und Skoliose

*Brace treatment
for idiopathic scoliosis*



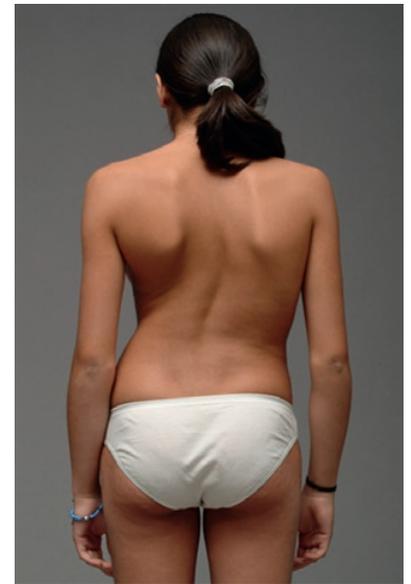


Abb. 1

Brace treatment for idiopathic scoliosis

In a scoliosis the spine is bent to the side and also rotated. This results in body asymmetry, shoulder imbalance and rip hump. In radiographs the spine looks like a «C» or a «S» (Fig.1).

The scoliosis develops most commonly during the adolescent growth spurt from 11–18 year of age, and is therefore called adolescent idiopathic scoliosis. A severe scoliosis is more frequent in girls than in boys.

The cause

The cause of idiopathic scoliosis is despite intensive research still unknown. The patients with scoliosis are otherwise healthy. It is probable that a genetic pre-disposition is present. The genes which are associated with idiopathic scoliosis cannot be identified yet.



Abb. 2



Abb. 3

Treatment

1. Brace

A brace treatment is recommended for a scoliosis between 25–45° in children with a significant remaining growth (before or during growth spurt).

3. Operation

An operation is necessary if scoliosis progresses to more than 45°.

Brace treatment

The aim of brace treatment

The aim of the treatment is to prevent a further worsening of scoliosis. The brace cannot correct an existing scoliosis permanently. If the scoliosis remains less than 45° till the end of growth then the brace treatment is considered to be a success, which means an operation can be avoided. This aim could be reached in up to 65% of the cases, if the indication for brace treatment is correct and if the patients wear the brace reliably.

We use a custom made plastic brace for scoliosis treatment (Fig 2 & 3). The brace should be worn at least 20 hours per day except during sport and for hygiene.

The duration of brace treatment

If the scoliosis remains stable with brace, then the brace treatment should be continued till the end of growth. If the scoliosis progresses to more than 45° the treatment must be stopped and the operation is indicated

Follow-ups

During the brace treatment the patients are seen 6 monthly with a radiograph.

Physiotherapy

Physiotherapy is recommended during brace treatment to improve posture and spinal musculature.

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