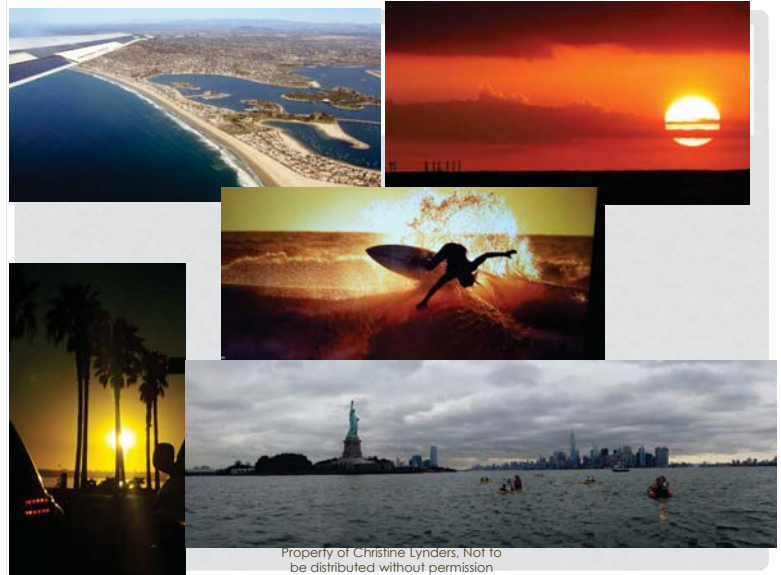


# DEMYSTIFYING SCOLIOSIS: GET THE LOW- DOWN ON ASSESSMENT AND TREATMENT

COMBINED SECTIONS MEETING 2017  
SAN ANTONIO, TEXAS FEBRUARY 15-18

Christine Lynders PT, OCS

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## INSPIRATION FOR THIS TALK

Why Scoliosis?



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## LEARNING OBJECTIVES

- 1. Identify the nature of a scoliotic curve and the specific muscles which have shortened and lengthened
- 2. Describe how a scoliotic curve can have a direct effect on neck and back pain, including radiculopathy
- 3. Execute an appropriate evaluation to determine the influence the scoliosis is having on their pain
- 4. Apply specific manual therapy techniques and 3D therapeutic exercises to improve spinal mobility and function

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## OUTLINE

- Welcome and introduction
- Relevant anatomy and biomechanics for type I and type II scoliotic curves
- Identify the curve and determine which muscles need to be lengthened and which need to be strengthened
- Spinal evaluation and differential diagnosis
- Case study presentations (2)

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## WHAT IS SCOLIOSIS ?

- A 3-dimensional curvature of the spine that causes a variety of asymmetries and muscular imbalances (compensations) throughout the body over time
- Idiopathic Scoliosis: "a torsional deformity of the spine, which combines a translation and rotation of a variable number of vertebrae, changing the 3D geometry of the spine." (Negrini, 2012)

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## CAN I GET SCOLIOSIS?



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## BART...THE LIZARD, THE MYTH, THE LEGEND



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## WHO GETS SCOLIOSIS?



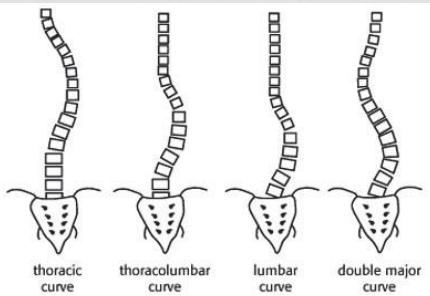
- Different Types:
  - **Idiopathic**
    - Pediatric/infants
    - Adolescent growth spurt ages 10-18
  - **Functional**
    - Arising from a non-spinal underlying cause such as LLD, prolonged abnormal posture, or muscle spasm. Correctable if underlying cause is addressed.
  - **Degenerative**
    - Adults from collapsing vertebrae, DDD, spondylolisthesis, osteoporosis (NOT progressive AIS)
    - Teens from slouching on sofa playing video games??
  - **Iguanas?!!**

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## SPINAL BIOMECHANICS

- **Type I (Idiopathic)** – Sidebending and rotation of the spine occur in **opposite** directions in neutral
- **Type II (Compensatory)**– In non-neutral (in flexion or extension when the spine is engaged), sidebending and rotation couple toward the **same** side
- **Scoliosis** -A structural spinal curvature with Cobb angle  $> 10^\circ$  AND axial rotation where the curve is present regardless of position

## CURVE TYPES



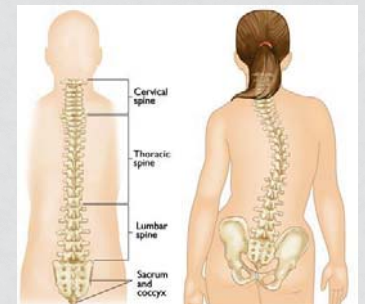
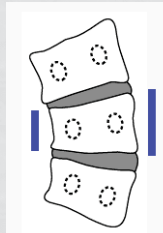
- There's many different types of curves one can develop.

Scoliosisbackpain.com

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## PATHOMORPHOLOGY & PATHOMECHANICS OF IDIOPATHIC SCOLIOSIS?

- Vertebral wedging (actual wedging)
- 3D curvature through growth spurt, involving rotational component



StudyBlue.com

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## AFFECTS ON THE BODY

- Rib hump, scapular winging
- Pelvic compensation
- LLD compensation
- Ankle/Foot compensation (pronation/supination)
- Shoulder heights uneven
- Head compensation



### • 2011 SOSORT guidelines

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## PROBLEMS IN THE ADULT WITH H/O SCOLIOSIS

1. Facet joint degeneration leading to nerve impingement on side on compression/concavity (stenosis)
  - Chronic hip drop (Gluteus medius instability) → repetitive sidebending
  - Hip OA
  - Runner (with trendel...)
2. Disc herniations from repetitive shear/rotation during ADLs
3. Hip pain, OA, bursitis; Knee pain from wear and tear with excess femoral IR
4. *Neck and peri-scapular pain from scapular muscle imbalance and poor positioning on the thorax*

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## AS THE SCOLIOSIS AGES...

- The muscles on the concave side continue to shorten as they remain in the shortened position
- The muscles on the convex side continue to be lengthened/strained causing a progression of the already dysfunctional curve
- Vertebral bodies wedge/collapse, discs herniate and canals narrow = **PAIN!!**

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## RESULTS??

- **As the brain tries to compensate for the asymmetry, we get altered movement patterns, muscle guarding and muscle inhibition.**

## TRY THIS!!

- How are you sitting right now? Close your eyes. Equal weight on ITs? If so, great! If not, what message are you sending your brain? What position is your spine in? SB one way or other??? Now sit that like for 10 years and see what happens
- Straighten yourself up and close your eyes. How does it feel?
- Bend your self sideways and close your eyes. How does it feel. Now see if, with your eyes closed, you can correct yourself.

## WHAT IS OUR GOAL?

- **Halt the curve progression!** (and restore previous curve?)
- **Decrease pain and disability**
- **Optimize function**
  - Restore normal movement/minimize abnormal patterns)
  - Re-train the nervous system
- **Restore ability to safely return to enjoying their desired life activities/hobbies without re-aggravation of their symptoms**

## WHERE DO WE START?

- **Understand their curve** : Thorough Evaluation
- **Understand what activities they would love to continue** or get back to doing to enjoy life to their best ability
- **Educate them** so THEY understand their curve and **what positions/activities aggravate**, correct
- **Teach them** what postures during their everyday life that can be creating strain and educate them **how to correct those positions**
- THEY need to understand **the importance of their role** in this!!
- **EMPOWER THEM.**      **INSPIRE THEM**

## IMAGING: IDIOPATHIC SCOLIOSIS

- EF, Braced as a child with corset
- Curve **60 °** 2010  
\*\*Reports curve was **48°** **10yrs prior**
- Failed Schroth 2 yrs ago
- T9 apex curve = 38°
- L3 apex curve = 22°
- C/o L low back pain, **R neck**, upper shoulder; wakes with HA due to neck pain (pain resolved while on



## IMAGING: DEGENERATIVE SCOLIOSIS



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## GOOD NEWS...WHO CAN WE HELP???

- **All of the above!!**
- Today our focus will be on the young and older adult with history of idiopathic scoliosis who have developed compensatory neck or back pain.

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## WHAT TREATMENT IS AVAILABLE?

- **Early bracing**
  - Types
    - Boston, Milwaukee, Providence (over-correction nighttime brace), Charleston (over-correction nighttime brace )
    - Rigo-Cheneau, Cheneau, Sforzesco, DDB Spondylolys
- **\*Physical Therapy Intervention**
  - Traditional
  - Schroth
- **Surgery**

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## BRACING IS IMPORTANT

### Bracing

- BRAIST Study 2013, Weinstein, et al- use of brace 18 hours a day significantly decreased high risk curve progression to the threshold of surgery AND found a significant relationship between wear time and likelihood of brace success



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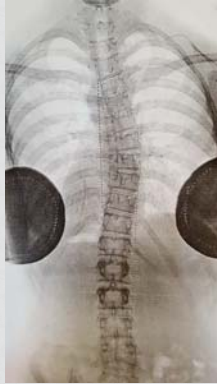
Higgy Bear Pinterest

## BRACING ADOLESCENT PROGRESSION

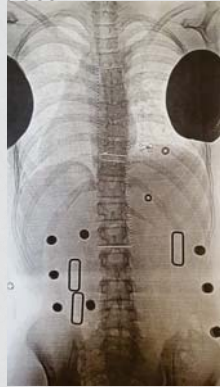
3/30: 15R, 28L



11 /29: 17R, 33L

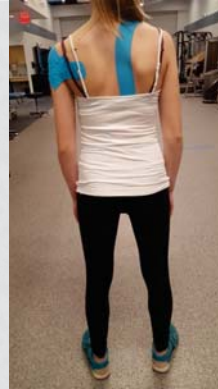


6/15: Prone in brace



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## BRACING



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## SCHROTH

- Origin of Schroth: Katharina Schroth 1920s Germany
- Primary focus on correcting rotational component to improve breathing and then integrate auto-correction in front plane
- Barcelona School
- **Intensive 60 min, 5 days a week for several weeks** (20 hours is recommended to become independent in auto-correction HEP)

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## SCHROTH EVIDENCE

- Schreiber, S et al 2015. Curve Cobb angle decreased!!!
- SOSORT : International Society on Scoliosis Orthopaedic and Rehabilitation treatment
- Ethical Concerns

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## EVIDENCE FOR MANUAL THERAPY AND EXERCISE

- SEAS study:, Negrini et al. 24 Dec 2014.
- Conclusions- SEAS is an approach to scoliosis exercise treatment with a strong modern neurophysiological basis, to reduce PT requirement and possible costs for families linked to frequency of treatments and evaluations.

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## EVIDENCE FOR MANUAL THERAPY AND EXERCISE

- Scoliosis Research Society (SRS) reported that "AAOS, SRS, POSNA and AAP believe that recent high quality studies demonstrate that non-operative interventions such as bracing and scoliosis specific exercises can decrease the likelihood of the curve progression to the point of requiring surgical treatment."
- (<http://www.srs.org/about-srs/quality-and-safety/position-statements/screening-for-the-early-detection-for-idiopathic-scoliosis-in-adolescents>)

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## EVIDENCE FOR MANUAL THERAPY AND EXERCISE

- **Negrini et al: Dec 2008**
- 5 year study of 25 y/o female. Treatment of curve decreased from 46° to 37° at 19 y/o.
- Increased Cobb angle 10° over 6 years.
- Used scoliosis specific exercises with 30 min every day at home x 1 year.
- **Curve reversed from 47° to 28.5°!**
- Conclusions: When adult scoliosis progresses, it is possible to intervene with exercises to not only gain stability, but to recover last year's collapse.
- The decrease in curve does NOT indicate reduction of the bony deformity but **recovery of the upright postural collapse**, which can decrease the chronic asymmetrical load on the spine and in the long run, reduce risk of progression.

### Scoliosis Journal

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Before PT



AFTER PT



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## MY APPROACH

- **GET TO KNOW THE CURVE!!!** Draw it out.
- Look at Xrays.
- Find out their habits, sports, hobbies, functional limits.
- **Learn what compensations their body has made overtime in the face of the curve.** Watch them walk. Look at how they move to see what muscle firing patterns are off.

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## BREAKDOWN....

- **Thought process**
  - What can I do to alleviate the scoliotic progression so she won't have continued on/off pain
  - What sort of HEP can I teach her to do on her own to continue to maintain the gains???
- **Basic Principles**
  - Know the curve.
  - Short muscles one side, long muscles opposite side
  - How can I effect a change?
    - Release the short side and re-educate/strengthen the long side?!
- On HEP: it takes thousands of reps for an athlete to develop a motor plan so that it becomes automatic. The same applies here. They need to address their postural habits and learn a new way to move, sit etc. in a corrected way until their brain forms new pathways and adopts this as normal

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## CASE STUDY

- 30 y/o female interior designer with congenital scoliosis diagnosed in 8<sup>th</sup> grade with 43 °curve. Used a corrective brace for 2 years. Used to be a dancer
- **Diagnosis:** Thoraco-Lumbar Scoliosis , HNP L4-5, L5-S1
- **Functional Complaints** - L lumbar, gluteal, calf "sciatica," R anterior hip pain & R upper shoulder pain to walk >5 minutes on commute, to stand longer than 10 minutes and to sit >1hour at work.
- Repeated "flare-ups" pain every 2 years and multiple bouts of PT which abated symptoms briefly, but not permanently.
- **Patient Goals:** To come up with an exercise routine that she can do to decrease her every day pain and prevent recurrent flare-ups

## IMAGING

- Xrays in the last year
- Medications: Methylprednisone for one more day
- Skelaxin and Tramadol as needed



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## Subjective Complaints and Functional Limitations

- Pain prevents patient from walking more than 1K. When pain flared, <500 meters. Increases up/down stairs.
- Sitting prolonged at work >1 hour causes R hip numbness/burning anteriorly.
- Unable to stand more than 10 minutes or lift objects overhead at work.
- Social life and travel create extra pain (mall with friends etc.)
- **Everyday pain:** R anterior hip pain and L sciatica/gluteal pain

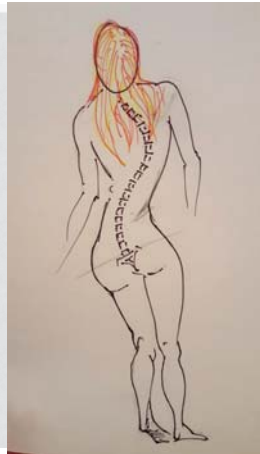
## Evaluation Findings

- **Gait:** R hip pain, insufficient knee flexion at load response
- **Standing:** R Scapula inferior angle winging, R thoracic rib hump until L1. Curve then reverses to L lumbar rotation
- **Cervical rotation:** R rotation discomfort but range full. All other AROM painfree
- **Shoulder AROM:** R flexion 90% of L (compensated). Others full
- **Thoracic AROM SB:** R restricted. L FULL
- **Thoracic AROM Rot:** decreased L, but discomfort R
- **Non Weight-bearing Landmarks:** R ASIS superior, R malleolus superior, R PSIS inferior (posterior rotation)



## Evaluation Findings

- **Curve:**  
Thoracic spine: R Rot, L SB  
Lumbar: L Rot, R SB
- **Strength:** hip abd R 5/5. L 4/5
- **Palpation:** Tenderness at L gluteus medius, piriformis, R upper trapezius with hypertonicity, R lumbar spine multifidii, L thoracic spine multifidii, R hip flexor tendons and inguinal ligament



## Functional Tests

- SLS squat: knee “wobble” bilaterally but no excess valgus moment or femoral IR
- **Impression:** Idiopathic scoliosis progression with resultant L Lumbar Spine failure & L LE weakness

## Problem List

- Congenital scoliosis compensated/progressed
- Decreased L hip strength and affected gait/stairs
- Limited gait distance for commute to work and social activities

## Plan of Attack

- Decrease influence of continued muscle shortening on the curves progression
- Improve generalized thoracic spine, lumbo-pelvic and rib cage joint mobility
- Lengthen shortened muscles, strengthen weakened muscles, core stabilization, hip flexibility, postural stabilization
- **PT goals:** 5/5 gluteus med L, up down stairs without pain, walk in mall with friends 2hours without pain. Design/provide final home exercise program to patient that is counter to the curves progression.



## FIRST COURSE OF ACTION

- **Soft tissue mobilization** to lengthen the muscles on the short/concave side.
- **Joint mobilization** to improve mobility of the facets in the opposite direction of the curve
- **Therapeutic exercise and home exercises** for the purpose of moving the body in the opposite direction of each curve and strengthening the muscles on the convex side. **Re-TRAIN the Brain!!!**

## TREATMENT

- **Initial treatments** emphasized STM to spinal rotators (L thoracic, R lumbar), QL and Lumbo Dorsal fascia, R hip flexor group proximally and joint mobilizations to the rib cage and thoracic spine away from the curve.
- **Therapeutic exercise** encouraged transverse abdominus re-education, active sidelying spinal de-rotation, and gluteus medius strengthening
- **\*Patient reports less fatigue in L leg when going up\down stairs and no R anterior hip pain after walking 5 blocks!**



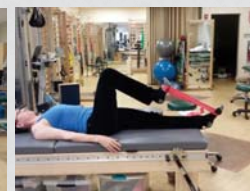
## TREATMENT

- Once patient demonstrated decreased pain with walking and increased exercise tolerance at 3 visits, introduced hip strengthening and postural stabilization... quadruped alternate UE LE and hip Ext off table. And GG 3D stretch series



## TREATMENT

- Slowly introduced R hip flexor strengthening, sidesteps and upper body postural stabilization. **Patient and her mother noticed decreased visible rib hump!**



## RESULTS

**“Thank you so much! You changed my life.”**

- With anyone we see who has a concomitant idiopathic scoliosis, it is important to take into consideration the effects the progression of the curve may have on the ailment they are presenting with that day.
- In the case presented, the so-called “unwinding” of her curves’ progression was the key to improving her muscle function so that she may return to full function and enjoyment of life activities.

## RELEVANT ANATOMY

### Trunk Stabilizers

- Abdominals
  - Obliques
  - Paraspinals
  - Latissimus Dorsi

### Pelvis Stabilizers

- Gluteus Medius
  - Gluteus Maximus
  - Quadratus Lumborum
- Deep rotators (spinal stabilizers)
    - Multifidii



## WHAT MUSCLES HAVE COMPENSATED?

- **Multifidus** – one of the most powerful spinal stabilizers. They support the spine! Studies have shown that these mm get activated BEFORE you even move to reach. When your brain says, "I want to reach for that," they should fire.



## WHAT MUSCLES HAVE COMPENSATED?



- **Quadratus Lumborum** – iliac crest, IL ligament, 12<sup>th</sup> rib, TPs LS
- **Iliopsoas-**
  - Major: Vertebral bodies/TPs and IV discs T12-L4 to lesser trochanter
  - Minor: Vertebral bodies T12, L1 to lesser trochanter
- **Piriformis-** Attaches to the front of the sacrum so if pelvis is sidebent and femur IR'd....sciatica??



poliosis Feb 18, 2017  
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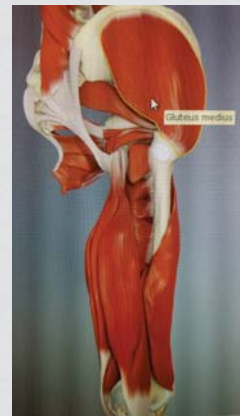
ILIOPSOAS  
SHORTENS  
IPSIATERALLY



## WHAT MUSCLES HAVE COMPENSATED?



- **Gluteus Medius-**



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## THORACIC MULTIFIDUS



- **Thoracic Multifidus**
- **Levator Costarum**

## THORACO-LUMBAR MUSCULATURE

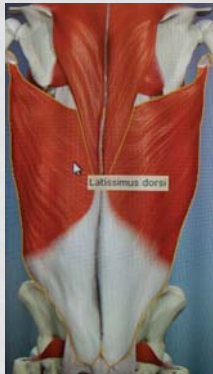
- **Iliocostalis Lumborum** – responsible for back extension. Provides resistance with forward flexion and contracts to bring the body back up to erect. This muscle facilitates good posture!!!
- **Spinalis=>Longissimus =>Iliocostalis**



## HOW SCOLIOSIS CAN AFFECT NECK AND LOW BACK PAIN.....RADICULOPATHY??



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- **Latissimus Dorsi**- SPs T6-S5 to humerus, Thoraco- Dorsal fascia

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## WHAT CAN GO WRONG?

- **From The GROUND UP....**
- **Foot** – Pronation/supination to lengthen or shorten the limb AKA level the pelvis
- **Knee** – if excessive pronation, get increased tibial IR, potential for knee pain/valgus tendency (Ex. Stef)
- **Hip** – If above occurs, get increased hip IR at LR, large eccentric load over and over on gluteus medius → leads to gluteal pain, bursitis, fatigue → eventual hip drop over time → **Pelvic drop** → **Lumbar** sidebending = lumbar compression → disc herniation, sciatica, low back pain!

## WHAT CAN GO WRONG??

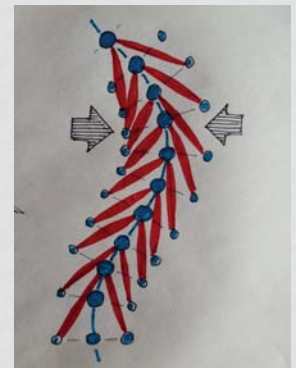
- **From the TOP DOWN...**
- **Cervical** – sidebends to keep head/eyes level. Levator scapula pain, cervical compression, headaches
- **Thoracic** – Shortened muscles on concavity, lengthened on convexity. Shoulder pain, pec shortening (**Stefanie Ex.**)
- **Ribs** – Ribs follow the TS so can get decreased respiratory ability, intercostal pain, limited shoulder ROM overhead
- **Pelvis** – depending on whether C or S curve, get shortened QL/lengthened opposite, pelvic obliquity in frontal plane as a result and eventually in sagittal plane as the body attempts to level the limbs

## WHO IS WALKING INTO YOUR CLINIC?

- **SR** - "shoulder pain", dx labral tear, severe knee pain post 2-3 surgeries. (was Utrap/periscap pain from scoliosis!!!)
- **EH** - Low back pain from standing at work, lumbar radiculopathy from changing to a standing desk at school
- **LB** – hip pain, sciatica opposite side, R neck pain
- **EF**– back pain, neck pain, thoracic pain "constant" at desk job
- **AH** – back pain, debilitating SI pain, sciatica
- **Phyllis** – hip pain to walk around city for errands, inability to stand on one leg 2/2 gluteal insufficiency
- **V 15 y/o** L low back pain, R TS mm spasm and right neck pain progressed 5 degrees in 6 months

## HERE'S WHAT I SEE WHEN I LOOK AT A SCOLIOSIS

- This is a Right thoracic curve = the spine is rotated right creating a visible rib hump and is sidebent left (type I mechanics neutral)



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## IDENTIFY THE CURVE AND DETERMINE WHICH MUSCLES NEED TO BE LENGTHENED/ STRENGTHENED



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## IDENTIFY THE CURVE



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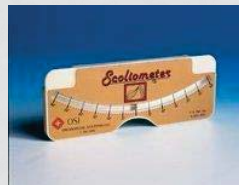
## DRAW IT

- If I drew the above, here's what it would look like
- Thoracic rotated L, SB R ending at T8
- **What muscles are we targeting in the curve?**
- RIGHT TS multifidii to loosen, L thoracic paravertebrals and multifidii to strengthen



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## EVALUATIVE/DIAGNOSTIC TOOLS



Scolimeter  
Tilt meter APP and phone holder  
Plumbline (to see sacral/pelvic shift)



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## OTHER DIAGNOSTICS

- **FF test/Adam's test** (look for the rotation/rib hump on the side of the convexity)
- **Xray** (gold standard)
- **Cobb angle >10 degrees**
- **Scolimeter >5-7 degrees**



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## EVALUATION

- History:** Previous injuries
- Gait-** look for toe-out, trunk lean, transverse plane rotation pelvis, arm swing
- SLS squat-** knee valgus, hip drop etc.
- Standing -** Note iliac crest levels, shoulders, curve, feet
- Forward flexion-** Note rib hump, curve reversal, apparent leg length discrepancy; March test, Sacral SB test
- Seated-** Note curve, Available trunk rotation
- Supine-** Pelvic landmarks, LE flexibility, TA coordination, Thomas test, hip IR/ER
- Sidelying-** Hip abductor strength
- Prone-** Segmental mobility, multifidus firing patterns, abnormal muscle tone, glut max, Hip IR/ER

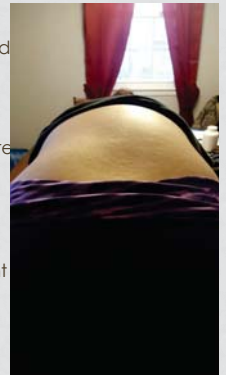
## ADULT WITH PROGRESSIVE IDIOPATHIC SCOLIOSIS & LOW BACK PAIN: CASE STUDY

- **History:** Lower "S" scoliosis found in grade school. C/o LBP and L knee pain starting at 28 y/o. Thought she had Lyme. Saw Chiro which helped somewhat but pain pattern did not change. Also lost wt to 155 lbs and currently 205 lbs with no change in pain. L hip pain that "pops out of place."
- **PMHx:** Anxiety, fall in early 20s down stairs on tailbone and 3x MVA without change in LBP.
- **Imaging:** xrays at 37 y/o reported moderate lumbar arthritis and "all cushion worn between vertebrae" from so many years of not knowing what was going on.

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## FUNCTIONAL LIMITATIONS

- **Pain** in sitting, feels "not aligned". If sitting prolonged and shifts, gets sciatic pain into either leg.
- Central LBP from sacrum up to low thoracic region and goes outward across low back.
- **Cannot :**
  - sit cross-legged any longer
  - come UPSTAIRS carrying anything because of severe LBP?!
  - Walk in Costco because pain is severe walking out
  - Work as a bus driver any longer-could not take the "bounce"
- Car sitting- gets out bent and takes time to get straight again (NEVER THOUGHT ANYTHING OF IT)
- Pain comes and goes and never goes away.
- **Her GOAL-** she wants to get back to being able to function more towards when she was younger and dec pain with ADLs!



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## IDENTIFY THE CURVE

### Forward Flexion



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## IDENTIFY THE CURVE

### Draw the Curve to Visualize



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## CURRENT HYPOTHESIS

- What would be **shortened**?
  - L Quadratus Lumborum
  - L lumbar multifidus
  - ? L lats via lumbodorsal fascia
- What might be **tender** to palpation?
- What would be **weakened/long**?
  - R lumbar paraspinals
- What would be **inhibited**?
  - L glute medius from functional LLD
- What might we see on exam **kinetic-wise**?
  - SLS with hip drop L
  - Toed-out L



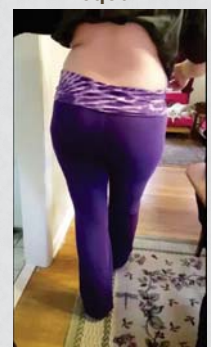
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## EVALUATION- GAIT AND FUNCTIONAL MOVEMENTS

### Good rear view R



### Functional SLS balance and squat



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## SLS SQUAT

Note LS Sb and R transverse plane rotation

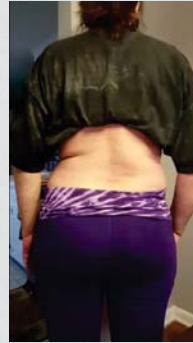


With pelvis corrected in transverse plane



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## EVALUATION- AROM



- Note limited segmental mobility R and increased ease with SB left
- L crest UP
- MMT; L glute med 3+/5, R 4+/5
- Supine: pelvis level, mall level, extended lordosis on the L
- Palpation: TTP B SI, glutes, L4 and L5. L multifidii, QL (good sore); R side "Sore".
- Prone multifidus firing: Spinal twist to the L with leg lift/R ASIS comes up

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**TREATMENT:** 1. STM TO L MULTIFIDUS, QL, SUPERIOR MFR TO RIBS  
2. TA MARCH AND CORRECT PELVIS WHILE WALKING UP STAIRS ETC.

Curve stretching



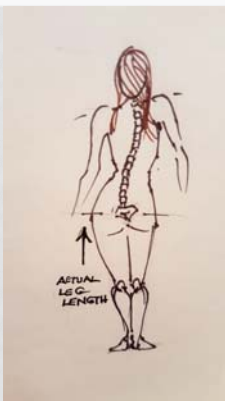
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## RESULTS AFTER INITIAL EVALUATION AND TREATMENT

- Able to SB further without pain immediately
- Woke up without LBP for the first time in decades
- After 4 days HEP, was able to sit cross-legged again

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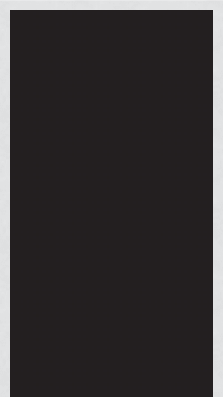
## 59 Y/O FEMALE LOW BACK PAIN, RADICULOPATHY



- **Curve TS-** R rib hump (TS convex R-rot R)
- **Curve LS-** LS SB R/rot L?
- c/o L hip pain wraps around buttock to ITB.
- **SLS L-**transverse pelvic rotation and valgus at knee
- Long left leg

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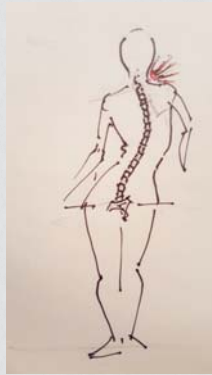
## SELF 3D CORRECTION



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## PAIN IN THE NECK?!

- In order to keep the eyes level and facing forward
- Think!! Levator scapulae role, Scalenes.



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## RELEVANT NECK MUSCULATURE



- **Levator scapulae**- TP's C1, C2, posterior tubercle C3, C4 → superior angle & medial border scapula
- **Scalenes**- Posterior tubercles cervical 2-7 → 1<sup>st</sup> & 2<sup>nd</sup> rib

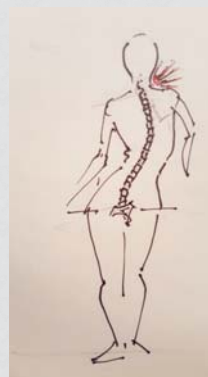
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## REGISTERED NURSE

- **Chief c/o** R sided "shoulder" pain (points to R upper trapezius and levator scapula) x 1.5 years with work, tennis and to reach OH especially at R shoulder blade region
- **Medical Diagnosis:** R labral tear
- **Exam Findings:** C curve scoliosis SB R/ rot L starting at T4, R scapular winging and anterior tilt, poor posture with B humeral IR (excessive) as well as increased TS kyphosis. **\*\*\*Severe sensitivity to palpation thoracic 3-7**
- **Treatment:** Manual therapy, scapular strengthening, postural & core strengthening, WB functional strengthening and awareness education

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## INTERIOR DESIGNER



- R sided neck pain on side of convexity
- Band exercises to stabilize scapula on rib cage, cervical strengthening exercises, scoliosis specific exercises

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## QUICK FIXES TREATMENT

- Ex. PT student with S curve. Watched gait. Toed out unilaterally.
- Watched SLS squat. Knee valgus significant and poor balance
- Correction- Turn foot straight and try again. 85% improved with dec trunk lean and dec knee valgus/fem IR. → **SUCCESS!!!!**

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## THINK KINETIC CHAIN INFLUENCES

- **Toed out-** turn foot straight to fire the glutes
- **Valgus Knee:** Fire glutes to control.



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## NORMAL SINGLE LIMB BALANCE



- **Post-op** spinal fusion 2 levels
- **Pre-op** c/o severe R LE radiculopathy

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## ABNORMAL SINGLE LIMB BALANCE

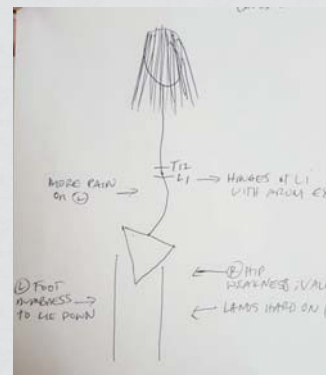


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## ADOLESCENT PROGRESSIVE SCOLIOSIS

- 15 y/o male with LBP at thoraco-lumbar junction L>R with sitting prolonged, standing with c/o "spasm" and L foot numbness to lie down.
- **Gait:** Lands hard on R
- **SLS balance** was "off" R & **SLS squat R** knee dives into valgus with c/o knee pain
- **AROM LS:** In extension, hinges at T12-L1
- **SLR:** R 35, L 45
- **MMT** hip abd R 4/5, L 5/5
- **Poor posture!!!** Showed him a picture and he was able to correct after THAT!!!
- Found on Xray 10 degree curve. (LS L Sb AKA convex R)
- Created movement pattern dysfunction with rows and retractions. With rows, demo SBing of the spine but did not know why.

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- HS stretch
- Hip abd bands
- Ball bridges
- Bosus SLS squats
- TA series
- Prone alt LE series
- Quad alt UE LE (ball)
- Side eccentric abd
- Ball abs prone
- Scapula retrax series
- Towel under R IT
- Side Stretch over pillow
- Seated correction with band twist (plinth and ball)

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## CASE STUDY: ADOLESCENT

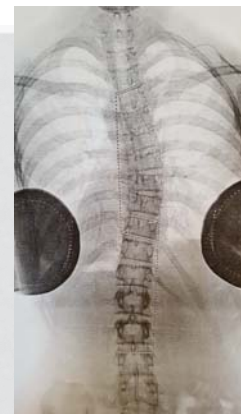
Curve increased from 28 degrees to 33 degrees in 8 months.

Only wearing night brace, Providence



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## SMALL TIPS CAN MAKE A HUGE IMPACT!!!



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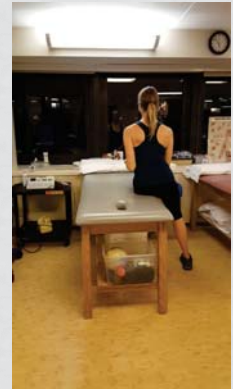
## DAILY SELF- CARE PLAN

- **Re-educate** appropriate muscles by strengthening and active lengthening 3-dimensionally; Focus on self-correction!!!
- **Re-train** and facilitate the nervous system to acknowledge the new position as "normal"
- **HEP's** must be-
  - Specific
  - Individualized
  - Learned (repetition)

## MANUAL THERAPY TECHNIQUES

SL stretch over table with MFR to thoracolumbar fascia/QL (normalize tissue tension to allow for more normal joint mobility)

Prone in R SB STM multifidus TS



## MANUAL THERAPY TECHNIQUES

PA Ribcage



TS sideglides and SL CR TS rotation



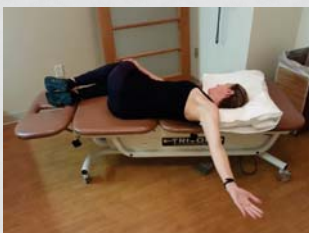
## MANUAL THERAPY TECHNIQUES

Seated TS rotation CR



## PASSIVE LENGTHENING EXERCISES

Trunk Rotation away from the curve

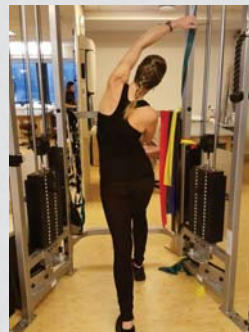


Spine Corrector or Foam Roll for SB away from the curve



## PASSIVE LENGTHENING EXERCISES

Right Sidebend Stretch



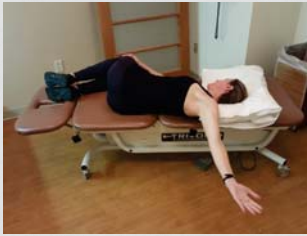
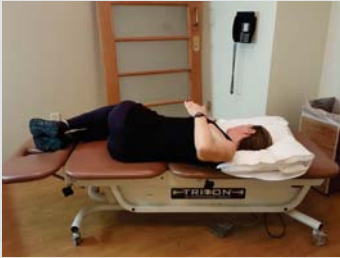
Left Rotation Stretch





## RE-EDUCATION FOR HEP

Active TS de-Rotations to the Left

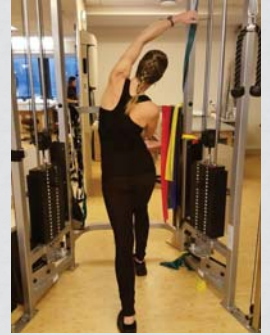


## RE-EDUCATION FOR HEP

Active Left Rotation (Repetitive)



Active Right Sidebend (repetitive)

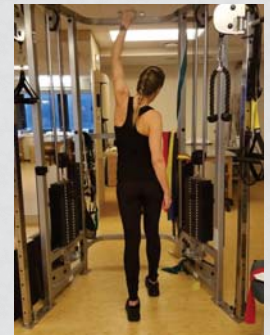


## RE-EDUCATION FOR HEP

Active Left Rotation (Repetitive) with Fixed Right Sidebend



Resisted Right Sidebend

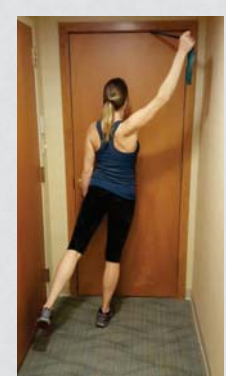
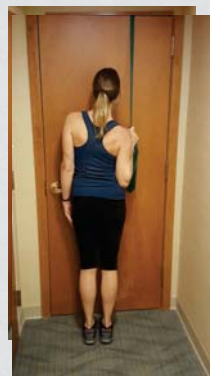


## RE-EDUCATION FOR HEP



## RE-EDUCATION FOR HEP

Strengthening Left QL/ Lumbar



## 2-3D SELF-CORRECTIVE EX

- Anti-scoliosis active exercise regimen to prevent further curve progression, lengthen and re-educate muscles on the either side of the curve

- **Left thoracic rotation**



- **Active right sidebend**



- **Sidebend right with active left rotation**



## FINAL HOME PROGRAM

- 1<sup>st</sup> learning (mirror, 1D 2D, can they feel their trunk is more corrected than before? Take a video)
- 2<sup>nd</sup> breathing, remove visual assist
- 3<sup>rd</sup> endurance in corrected position
- 4<sup>th</sup> control. Keep it simple at first to enable "correct" correction

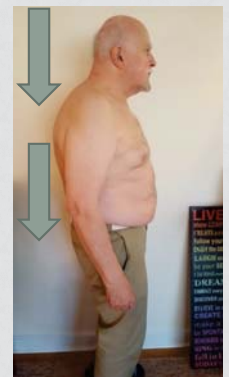
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## WHAT DO YOU DO WITH THIS??



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## SIT UP STRAIGHT!?!..OR ELSE...



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## CASE STUDY



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- 45 y/o male presented with R shoulder pain to push off wall in squash, tuck shirt in and night pain (worst)
- L handed squash player
- Findings: shoulders "unequal" (R significantly lower)
  - Depression R scapular muscle area
  - MMT scapular rotators less than 3/5 R
  - H/o scoliosis where his foot orthotic was built up by a lift to correct

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With lift



Without lift in left shoe



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## CONCLUSION

- **STEP #1:** Decrease influence of shortened muscles multifidus, QL (release the problem area first, making it possible to move in the right direction)
- **STEP #2:** Strengthen the weak side (might be sore...hasn't worked in years!)
- **STEP #3:** Re-train the Brain!!!
- Side note: Use caution if stretching QL "knot", and no relief, try strengthening it!!

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## PERSPECTIVE ON KIDS?

- Encourage them to carry backpacks in the center ..not one side or the other, which would give the spine a constant stimulus to react one-directionally
- If you give yourself an abnormal stimulus with backpack or fall off bike and limp a little, or hurt shoulder and holding it tucked it to guard it, giving your nervous system abnormal stimulus during the growth spurt
- Sports? Vball, tennis, etc. One-sided sports. Strengthen the other side to regain balance

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## THANK YOU!!

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