

PEDIATRIC SPINAL DEFORMITIES AND TREATMENTS



Spinal Deformities are spinal conditions affecting children in their early or late childhood years.

These could be due to many reasons:

Congenital malformation of the spinal column

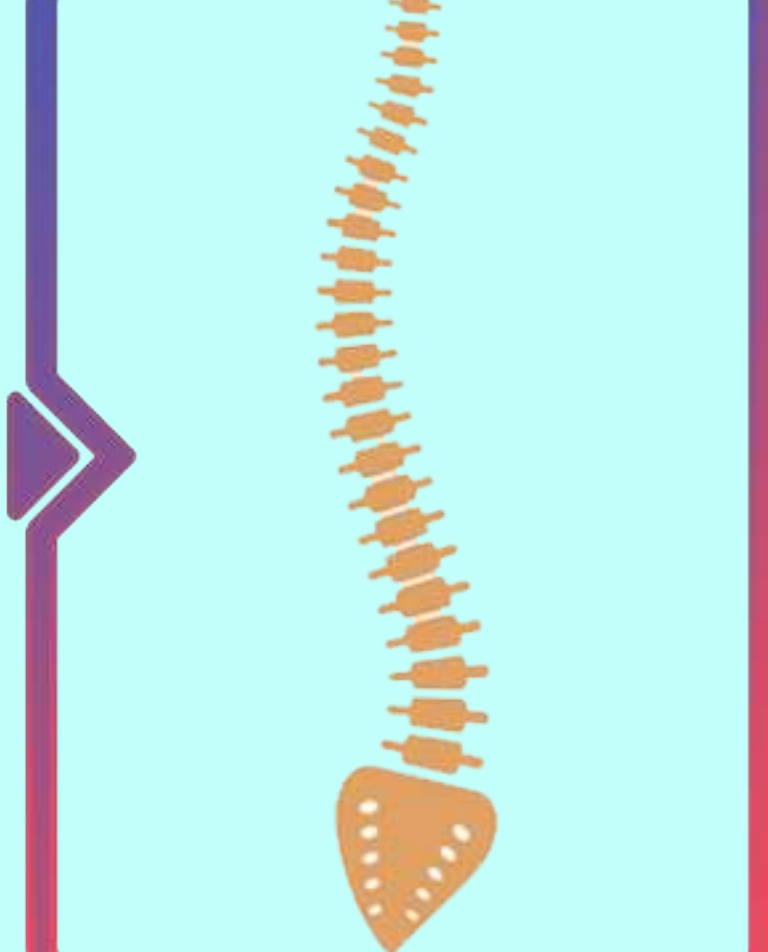
Neuromuscular Disorders

Trauma

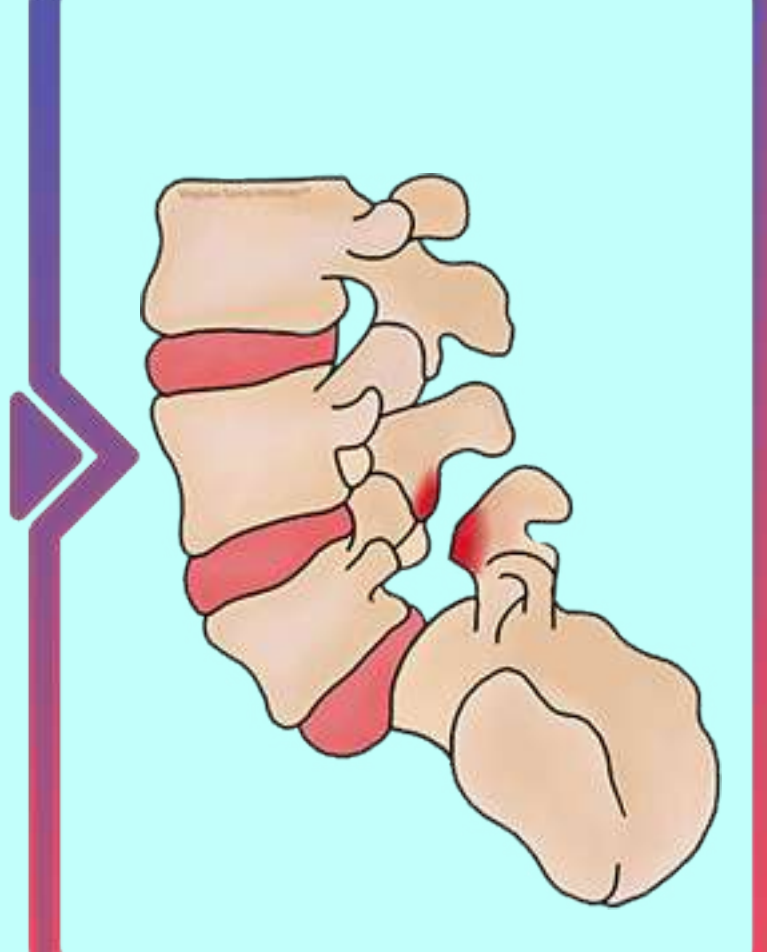
Early detection and screening can increase treatment options and helps reduce progression of deformity

PEDIATRIC SPINAL DEFORMITIES

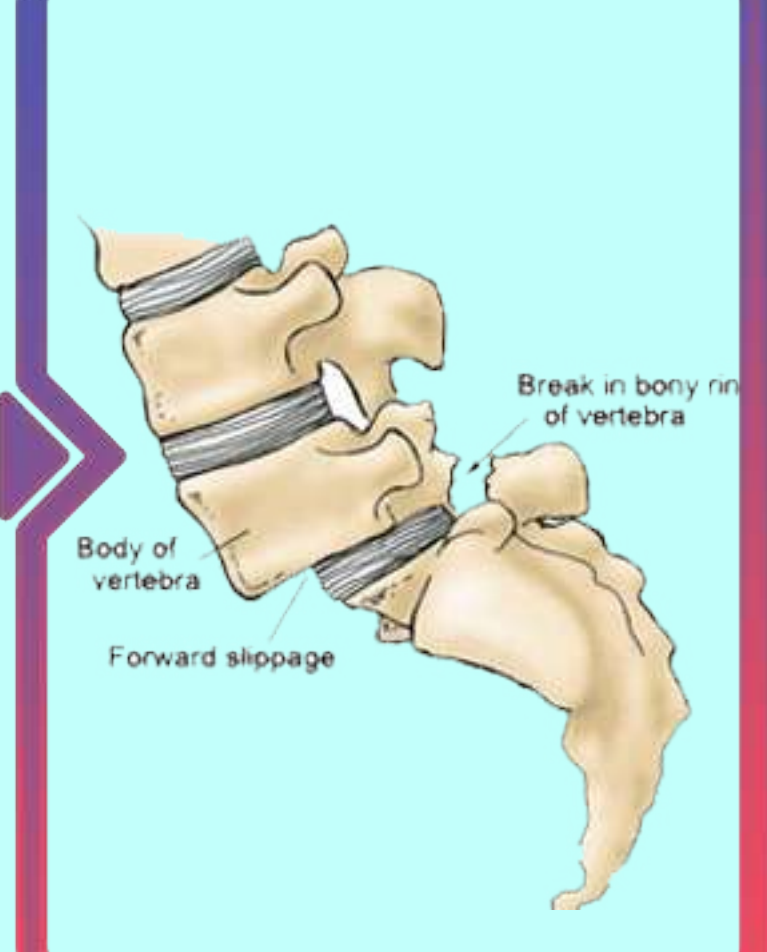
Following are the common spine deformities



Scoliosis
(curving of the spine)



Spondylolysis
(stress fracture of the spine)



Spondylolisthesis
(slipping forward of a vertebra)

RISK FACTORS & SYMPTOMS

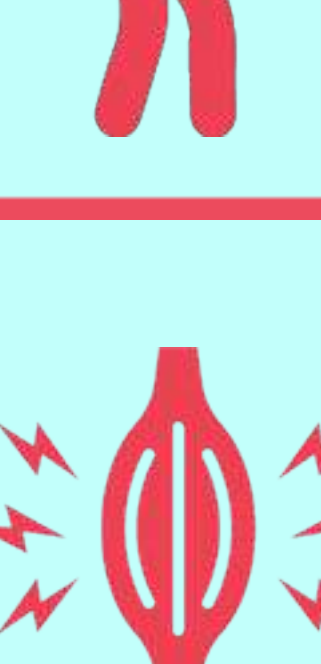
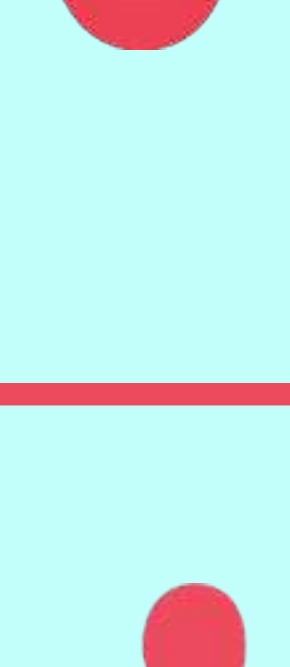
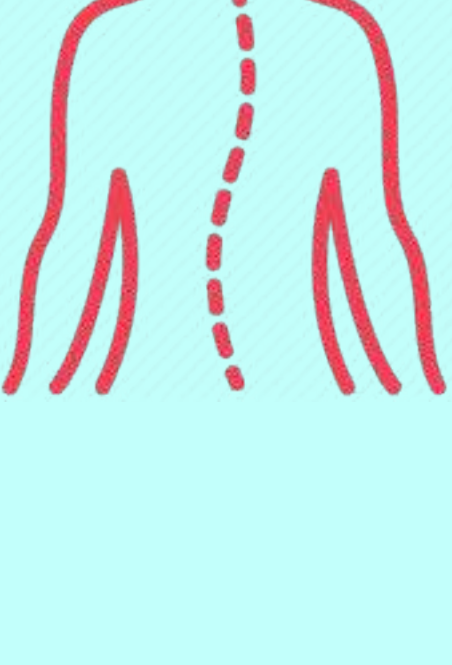
Caused due to repeated strain on the spine because of leaning or straining the lower back

Scoliosis is more common in girls

Typically occurs between ages of 10 and 18.

Spondylolisthesis is often due to spondylolysis

Symptoms

Scoliosis	Spondylolysis / Spondylolisthesis
 Backache, particularly low back pain	 Back Pain
 Fatigue	 Muscle Stiffness
 Uneven shoulders or hips	 Loss of sensation or abnormal sensations in limbs
 Visible curvature of the spine	 Weakness
	 Headaches at the back of the head
	 Balance problems
	 Loss of bladder or bowel control

DIAGNOSIS



X-rays (front and side views) of the spine



MRI scan



CT scan

TREATMENTS

Non - Surgical Treatments

To reduce back pain and swelling

Medicines

For stretching and strengthening of muscles around spine and legs

Physical therapy

Stopping any activity that stresses the back.

Resting the back

Bracing

Special Braces to support the back taking stress off the spine, Symptoms resolve over time

Surgical Treatments



Surgery is done to stabilize the vertebra, when non-surgical treatments give no relief

Fusion of the slipping vertebra to the vertebra below to prevent movement

Minimally Invasive Procedures or Spinal Fusion are done