

Relief and Wellness Scoliosis Facts:

1) The Risser Sign

- The Risser sign is a measurement of skeletal maturity using an X-ray to see the degree of ossification of the part of the iliac apophyses as it ossifies from the anterolateral crest medially.
- + Risser sign goes from 0-5, with 5 being skeletally mature.
- « from 0-3, the scoliosis is considered unstable and probably will progress.
Therefore, scoliosis with a Risser sign of 0-3 is a red flag.
- An 11-year old girl at 30 degrees and a Risser of 1 will have a worse prognosis than a 17-year old girl at 20 degrees and a Risser of 4.

2) The Degree of Curve Scoliosis

- Scoliosis is defined as a lateral curvature above 10 degrees.
- The standard "medical management" under 20 degrees is observation only, also known as "watch and wait" and see if it gets worse.
- All chiropractors should work on scoliosis patients from **10-20** degrees.
- Bracing is recommended at 20-25 degrees.
- From 20-40 degrees, chiropractic treatment can be beneficial with the aid of an orthopedist or other scoliosis specialists. It is beneficial to work together and co-manage the patient in these circumstances.
- « Curves above 30 degrees will usually progress.
- Scoliosis above 40 degrees is considered a surgical candidate and medical treatment is surgery.
- Mid-back or primary thoracic curves tend to progress *more* than low back or lumbar curves.

3) Age of the Patient

- Scoliosis is defined by age. Infantile is 0-3 years. Juvenile is 3-10 years.
m Adolescent is 11-18 years.
Adult is above 18 years.
The longer they have had scoliosis, the greater possibility of progression.
- Our primary focus is adolescent scoliosis and 80% is idiopathic, meaning there is no direct or known cause.
- Neuromuscular scoliosis is related to some type of underlying disease or pathology.

The Difference Between Girls and Boys

- Scoliosis is more common in girls than boys.
- » Girls go through puberty first and their growth spurt second, while boys go through their growth spurt first and puberty second.
- Both girls and boys should be monitored closely through puberty and growth spurts.
- In girls, the scoliosis curvature accelerates at the age of 11.7 years. Boys are two years behind girls, so their curvature will accelerate at 13.7 years.
- Girls should be checked around the age of 10 and boys around the age of 12.
- A posture evaluation will usually show forward head posture, right head tilt, right high shoulder, and a left low hip.
- The scoliometer is a great tool to use with Adam's Test. Seven degrees on the scoliometer will measure about 20 degrees on an X-ray. If the scoliometer measures at 4 degrees or more, a scoliosis X-ray should be taken.

Pottenger's Saucer

- The degree of scoliosis is directly proportional to anterior thoracic subluxations. This is known as Pottenger's Saucer, anterior thoracics, loss of normal thoracic kyphosis, or lordosis.