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KYPHOSIS: UNDERSTANDING A CURVED UPPER BACK



Kyphosis is a spine condition where the upper back curves forward more than normal, causing a rounded or hunched posture. While a slight curve in the upper spine is normal, kyphosis occurs when the curve becomes exaggerated. This condition can affect people of all ages, including children, adults, and the elderly.

What Causes Kyphosis?

1. **Postural Kyphosis:** Common in teenagers and caused by slouching or poor posture. This type is usually flexible and can improve with exercises.
2. **Congenital Kyphosis:** Present at birth due to spine malformations.
3. **Age-Related Kyphosis:** Found in older adults due to conditions like osteoporosis or degenerative disc disease.
4. **Injury or Disease:** Spine fractures, infections, or diseases like arthritis can lead to kyphosis.

Signs and Symptoms of Kyphosis



- A visible hump or rounded back
- Back pain or stiffness
- Fatigue, especially after sitting or standing for long periods
- In severe cases, difficulty breathing (if the curve compresses the chest)

How Is Kyphosis Diagnosed?

Dr. Shankar Acharya, a trusted expert in spine conditions, uses the following methods to diagnose kyphosis:

- ☒ **Physical Examination:** Observing your posture and spine alignment.
- ☒ **Imaging Tests:** X-rays or MRIs can measure the spine's curvature and identify underlying causes.

Treatment Options for Kyphosis

1. Lifestyle Changes and Exercises

- Physical therapy and exercises can improve posture, strengthen muscles, and reduce pain.
- Proper posture habits and ergonomic adjustments can make a big difference, especially for postural kyphosis.

2. Bracing

- For adolescents with structural kyphosis, wearing a brace can prevent the curve from worsening while the spine is still growing.

3. Medications

- Pain relievers or osteoporosis treatment may be recommended for age-related kyphosis.

4. Surgery

- Severe cases causing pain, breathing problems, or significant deformity may require surgery. Dr. Shankar Acharya specializes in spinal surgeries to correct kyphosis and improve quality of life.

Living with Kyphosis



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Early diagnosis and treatment can help manage kyphosis effectively. Here are some tips:

- ☑ **Stay Active:** Regular physical activity strengthens your back and improves flexibility.
- ☑ **Avoid Heavy Lifting:** Protect your spine from additional stress.
- ☑ **Regular Check-Ups:** Consulting a spine specialist like Dr. Acharya ensures proper monitoring and care.

Why Choose Dr. Shankar Acharya for Kyphosis Care?

With over 30 years of experience, Dr. Shankar Acharya is a senior spine surgeon and consultant at Sir Ganga Ram Hospital in New Delhi. He has successfully treated numerous patients with kyphosis, offering advanced care tailored to each individual's needs. Whether you require guidance, therapy, or surgery, Dr. Acharya provides compassionate and expert care for your spine health.



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Trust of Generations

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