



Regd. No.3095/DMC
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Senior Consultant & Chairman Department of Ortho Spine Surgery
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Complex Deformity Correction: Kyphosis Correction Procedure

Welcome to Sir Gangaram Hospital's Spine Care Department, where we provide advanced solutions for spine problems under the expert care of **Dr. Shankar Acharya**, a renowned spine surgeon with over 30 years of experience. Whether you live in an urban city or a rural area, we are dedicated to delivering safe, effective, and compassionate care for all.

What is Kyphosis?

Kyphosis is a condition where the upper back develops an exaggerated forward curve, leading to a rounded or hunched posture. While a mild curve is normal, excessive curvature can cause:

- **Chronic Back Pain**
- **Difficulty Breathing** (in severe cases)
- **Limited Mobility**
- **Emotional Stress** due to posture issues

Causes of Kyphosis

Kyphosis can occur at any age and may be caused by:

- **Congenital Conditions:** Abnormal spine development before birth.
- **Poor Posture:** Known as postural kyphosis, common in teenagers.
- **Spinal Injuries or Fractures:** Trauma to the spine.
- **Osteoporosis:** Weak bones leading to spinal compression fractures, especially in older adults.
- **Degenerative Spine Diseases:** Conditions like spondylosis or disc degeneration.



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- **Spinal Infections or Tumors:** Rare causes that affect spine structure.

What is the Kyphosis Correction Procedure?

Kyphosis correction surgery is a complex spinal deformity correction procedure designed to restore the spine's natural curve and improve posture, mobility, and quality of life.

When is Kyphosis Surgery Needed?

Surgery is recommended for:

- Severe spinal curvature (over 70-80 degrees).
- Persistent pain not relieved by medications or therapy.
- Breathing or heart issues caused by the spinal curve.
- Progressive worsening of the deformity.

How is Kyphosis Correction Surgery Performed?

1. Pre-Surgery Assessment:

- Imaging tests like X-rays, CT scans, or MRIs help the surgeon plan the procedure.
- A complete medical history and physical examination ensure safety during the surgery.

2. Anesthesia:

- General anesthesia ensures the patient is pain-free and asleep during the procedure.



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3. Surgical Steps:

- **Spinal Realignment:** The surgeon carefully adjusts the curved vertebrae to restore the spine's natural shape.
- **Fixation and Stabilization:** Screws, rods, and sometimes plates are used to hold the spine in its corrected position.
- **Bone Grafting (if needed):** Small pieces of bone are added to encourage fusion, ensuring long-term stability.

4. Post-Surgery Monitoring:

- Patients are observed closely to ensure a smooth recovery.

Benefits of Kyphosis Correction Surgery

- **Improved Posture:** A straighter spine enhances appearance and confidence.
- **Pain Relief:** Reduces or eliminates chronic back pain.
- **Better Mobility:** Allows easier movement and participation in daily activities.
- **Improved Breathing and Organ Function:** Helps if the curve was compressing the lungs or other organs.

Recovery After Surgery

1. **Hospital Stay:** Most patients stay 3-7 days in the hospital for initial recovery.
2. **Physical Therapy:** Rehabilitation exercises help regain strength and mobility.
3. **Activity Restrictions:** Avoid heavy lifting and strenuous activities for a few months.



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4. Follow-Up Appointments: Regular check-ups ensure proper healing and progress.

Why Choose Dr. Shankar Acharya for Kyphosis Correction?

- **Decades of Expertise:** Dr. Acharya has 30 years of experience in treating complex spinal deformities.
- **Advanced Techniques:** The latest surgical methods, including minimally invasive options, are used when possible.
- **Holistic Care:** Comprehensive care from diagnosis to post-surgery rehabilitation.
- **Trusted Results:** Hundreds of successful kyphosis correction surgeries with excellent outcomes.

Frequently Asked Questions (FAQs)

1. Is kyphosis surgery risky?

While every surgery carries some risk, Dr. Acharya's expertise and the advanced facilities at Sir Gangaram Hospital ensure a high level of safety and success.

2. How long does the surgery take?

Kyphosis correction surgery typically takes 4-6 hours, depending on the complexity of the case.

3. Will I be able to move normally after surgery?

Yes, most patients regain mobility and enjoy an improved quality of life after recovery. Physical therapy plays an essential role in achieving this.



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4. Is this surgery suitable for elderly patients?

Yes, kyphosis correction can be performed in older adults, particularly if they are in good general health.

5. How much time does it take to recover fully?

Most patients resume light activities within 6-8 weeks, but complete recovery may take several months.

Contact Us

If you or someone you know is struggling with kyphosis or a spinal deformity, don't wait to seek expert help. Dr. Shankar Acharya and the team at Sir Gangaram Hospital are here to provide personalized care tailored to your needs.



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Transform your life with advanced spine care. At Sir Gangaram Hospital, we're committed to helping you stand tall and live pain-free.



SIR GANGA RAM HOSPITAL
Trust of Generations

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