



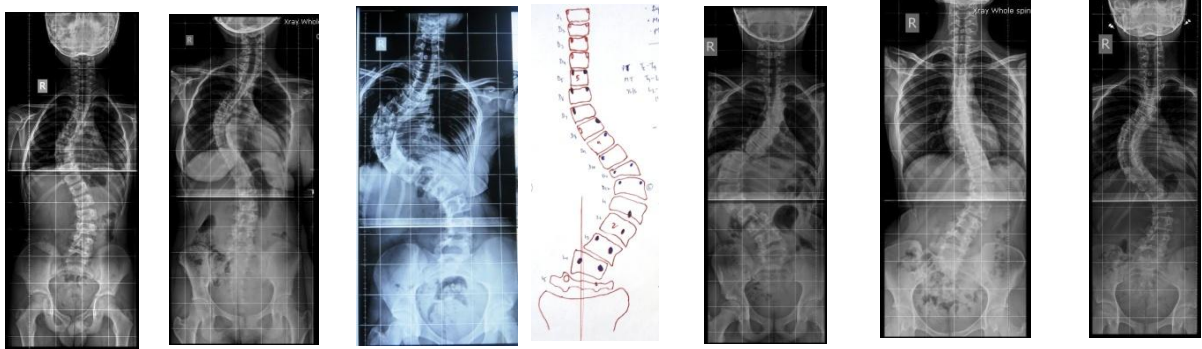
Dr. Shankar Acharya

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## SCOLIOSIS

Scoliosis is a condition where the spine curves abnormally, often in an "S" or "C" shape, instead of being straight. This curve can appear at any part of the spine but is most common in the chest (thoracic) and lower back (lumbar) areas. Scoliosis can affect people of all ages but is most often diagnosed in children and teenagers, specially during growth spurts.



Parents and individuals should seek expert advice from a spine specialist like Dr. Shankar Acharya if any of the following are noticed:

## COMMON SIGNS OF SCOLIOSIS

Scoliosis symptoms vary depending on the severity of the curve. Here are the **most noticeable signs**:

- ✓ **Uneven shoulders:** One shoulder may appear higher than the other.
- ✓ **Uneven waist or hips:** The body might tilt to one side, causing asymmetry in the hips or waist.
- ✓ **Prominent ribs on one side:** This occurs due to the rotation of the spine, making the ribs stick out more on one side.
- ✓ **Leaning to one side:** The individual might appear to lean or have an imbalanced posture.
- ✓ **Difficulty fitting clothes:** Clothes might hang unevenly, indicating a possible curvature in the spine.





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In some cases, scoliosis can progress to cause:

- **Back pain:** This is more common in adults with degenerative scoliosis or severe curves.
- **Breathing difficulties:** Severe scoliosis may reduce the space in the chest, affecting lung function.
- **Fatigue:** Due to muscle strain from maintaining balance and posture



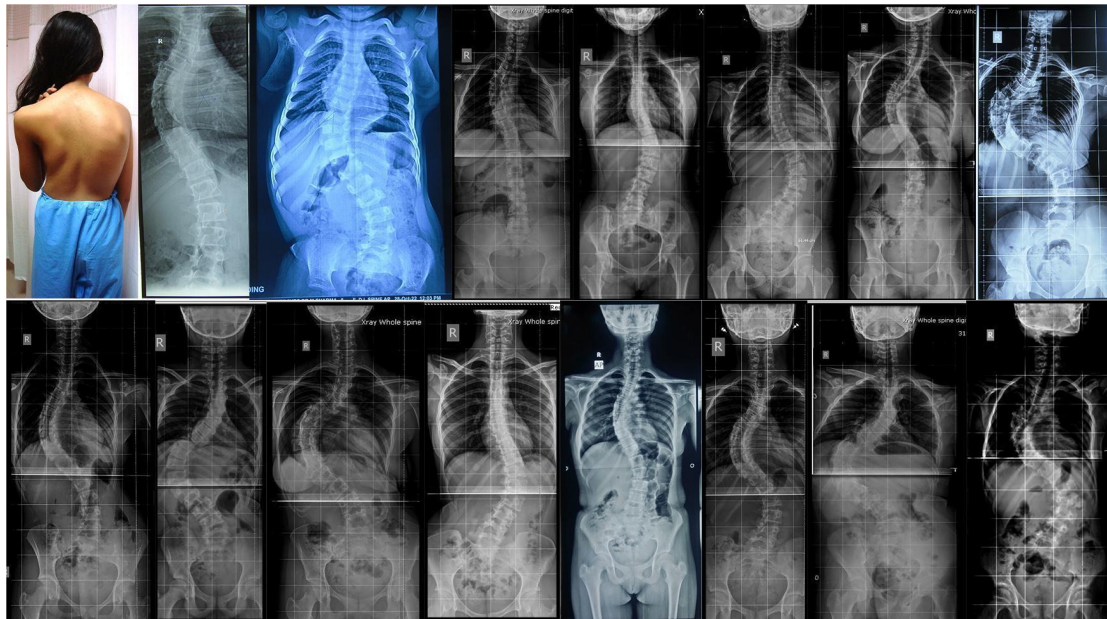
## TYPES OF SCOLIOSIS

Understanding the types of scoliosis can help patients and families feel more informed when speaking with a specialist like Dr. Shankar Acharya, who is an expert in scoliosis and spine deformities at Sir Gangaram Hospital, New Delhi. Below is an overview of the main types of scoliosis and what to expect with each.

### 1. Idiopathic Scoliosis

This is the most common type of scoliosis and means that the exact cause is unknown. Idiopathic scoliosis is further categorized based on age:

- **Infantile (under age 3):** This type can sometimes improve with age.
- **Juvenile (ages 3-10):** Requires monitoring as it may progress with growth.
- **Adolescent (ages 10-18):** The most common form, often noticed during growth spurts in puberty.



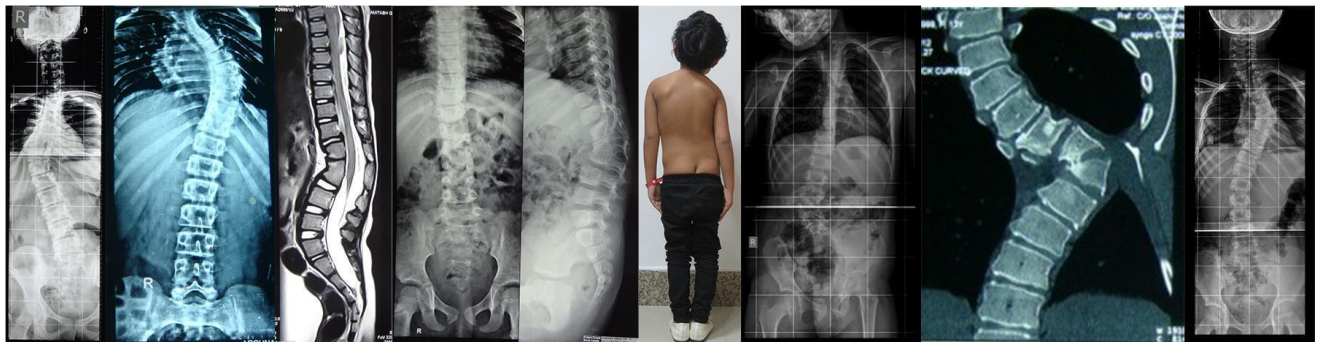




## 2. Congenital Scoliosis

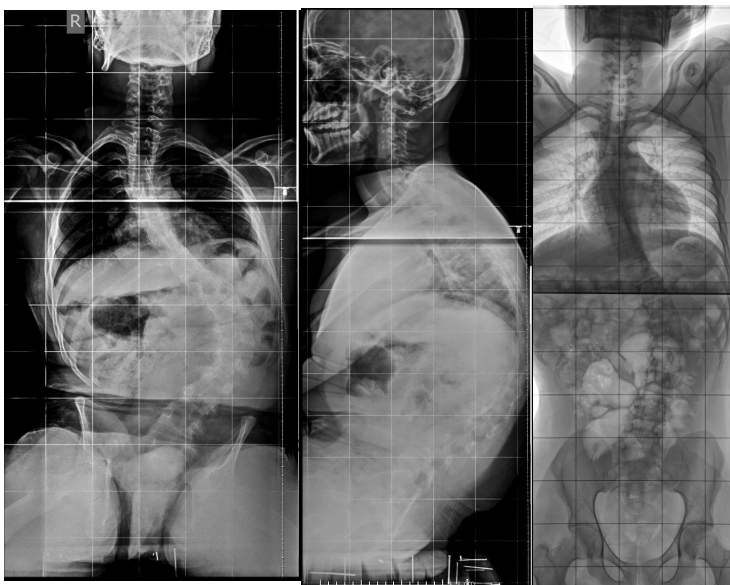
Congenital scoliosis is present at birth due to improper formation of the spine during pregnancy. Some of the vertebrae may be fused,

or parts of them may be missing, which can cause an abnormal curve as a child grows. Early treatment is essential to manage this type effectively.



## 3. Neuromuscular Scoliosis

This type of scoliosis is related to underlying neuromuscular conditions, such as muscular dystrophy or cerebral palsy. Neuromuscular scoliosis occurs when muscles around the spine are weak or imbalanced, causing the spine to curve. Treatment often requires a specialized approach that considers both the scoliosis and the associated neuromuscular condition.



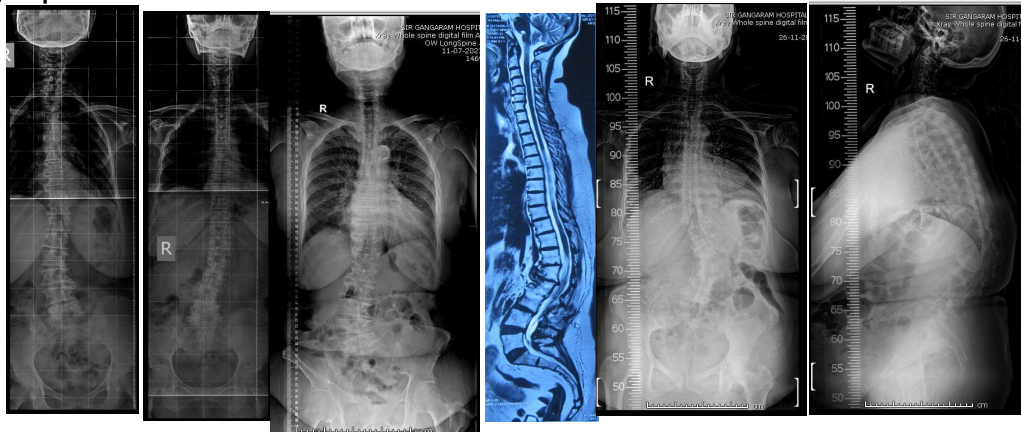


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## 4. Degenerative Scoliosis

Degenerative scoliosis, also known as adult scoliosis, occurs later in life. It is often caused by age-related wear and tear on the spine, such as arthritis or disc degeneration. This type usually develops in the lower back and can cause pain or discomfort. Physical therapy, medications, or sometimes surgery may be needed to manage symptoms.



## RISK FACTORS:

1. **Age:** Scoliosis is most commonly diagnosed in children and teenagers, especially during the growth spurt around ages 10 to 15. The condition can also develop or worsen in older adults.
2. **Gender:** Girls are more likely than boys to develop a severe form of scoliosis, especially during their growth years.
3. **Family History:** If someone in your family has scoliosis, there may be an increased risk for developing it. In fact, up to 30% of people with scoliosis have a family member with the condition.
4. **Certain Medical Conditions:** Conditions like cerebral palsy, muscular dystrophy, and other neurological or muscular conditions can increase the risk of scoliosis. These conditions affect the muscles and nerves that support the spine.

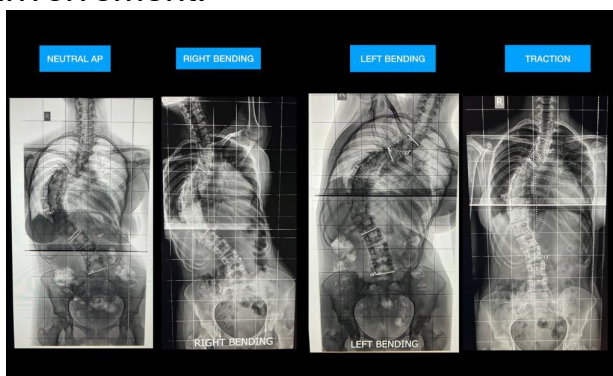
5. **Spinal Abnormalities:** Congenital spine defects or problems with the development of the bones in the spine can increase the chances of developing scoliosis.

## DIAGNOSIS OF SCOLIOSIS

To diagnose scoliosis, **Dr. Shankar Acharya**, a senior consultant spine surgeon with over 30 years of experience, follows a careful process to assess the condition.

**Step 1: Physical Examination** During the initial consultation, Dr. Acharya will ask about your medical history and perform a thorough physical exam. This includes checking for any noticeable signs of scoliosis, such as uneven shoulders, hips, or an abnormal posture. In some cases, the doctor may ask you to bend forward to better observe the spine's curvature.

**Step 2: Imaging Tests** If scoliosis is suspected, the next step is to confirm the diagnosis with imaging tests. X-rays are commonly used to measure the degree of curvature in the spine. In some cases, MRI or CT scans may also be recommended for more detailed images, especially if there is concern about nerve involvement.



**Step 3: Determining the Severity** The degree of curvature is an important factor in deciding the best treatment. Dr. Acharya will evaluate the X-ray results and determine if the curve is mild, moderate, or severe, which will help guide the treatment plan.







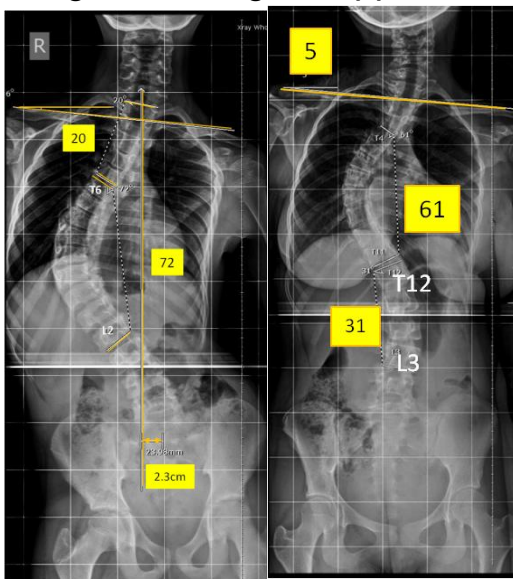
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## TREATMENT FOR SCOLIOSIS

Treatment for scoliosis depends on factors like **the degree of the curve**, age, and whether the **curve is getting worse**. There are various options to manage and treat scoliosis, ranging from non-surgical to surgical approaches.



Dr. Shankar Acharya, with over 30 years of experience, provides personalized treatment plans to ensure the best outcomes. He will carefully assess each patient's condition and recommend the most effective treatment, whether it's a non-surgical approach or surgery.

### NON-SURGICAL TREATMENTS:

**1. Observation and Monitoring:** For mild cases, especially in children who are still growing, regular check-ups are recommended to monitor the curvature and ensure it doesn't worsen.



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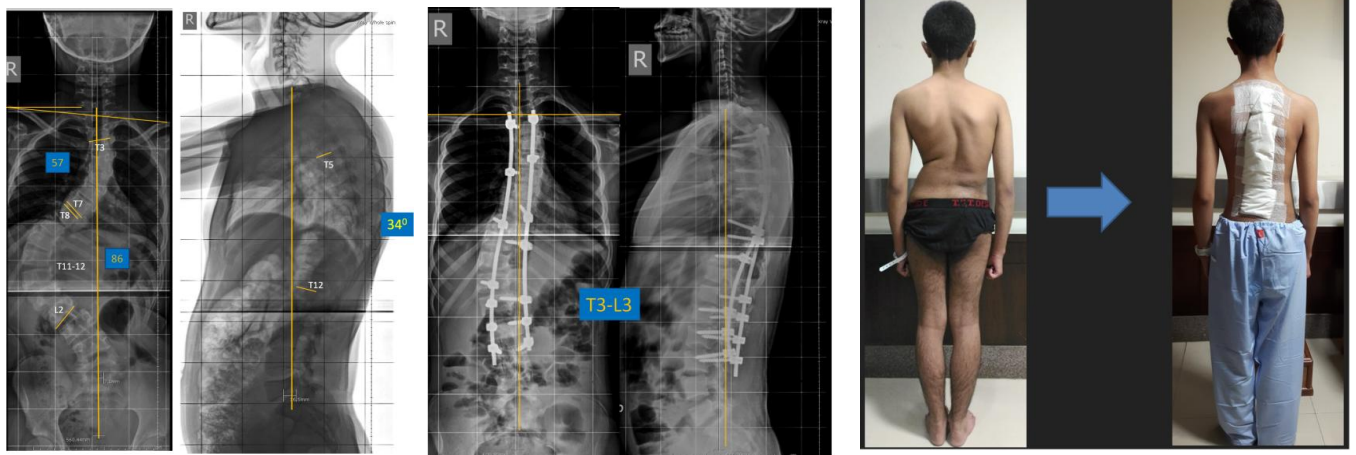
2. **Bracing:** For moderate curves in growing children or teenagers, wearing a brace can help prevent the curve from worsening. Braces are not used to straighten the spine, but they help support and prevent further progression.



3. **Physical Therapy:** Physical therapy and specific exercises can help improve posture, strengthen the muscles around the spine, and reduce discomfort.

## SURGICAL TREATMENTS:

In cases where the curve is severe or causing pain and other complications, surgery might be recommended. The most common surgery for scoliosis is called **spinal fusion**. This procedure helps straighten the spine and stops the curve from getting worse by fusing two or more vertebrae together.







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**Specialized Treatment for Neuromuscular and Degenerative Scoliosis:** These types may require additional support through physical therapy, bracing, and in some cases, surgery tailored to the underlying condition and patient's health needs.

## Living with Scoliosis

Many people with scoliosis lead active, healthy lives with minimal limitations. Early diagnosis and personalized treatment, guided by an experienced surgeon like Dr. Shankar Acharya, help ensure the best outcomes.

## Why choose Dr. Shankar Acharya for scoliosis care?

Dr. Shankar Acharya has over 30 years of experience treating spine conditions, including scoliosis. As a senior consultant and Chairman of Spine Surgery at Sir Ganga Ram Hospital in New Delhi, he specializes in personalized care to achieve the best outcomes for his patients..

If you or your child has scoliosis, consulting a specialist can provide valuable guidance for managing the condition and ensuring the best quality of life.



### SIR GANGA RAM HOSPITAL *Trust of Generations*

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