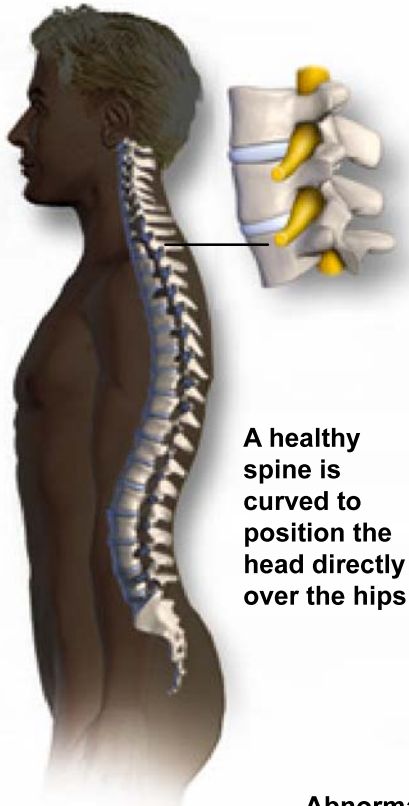
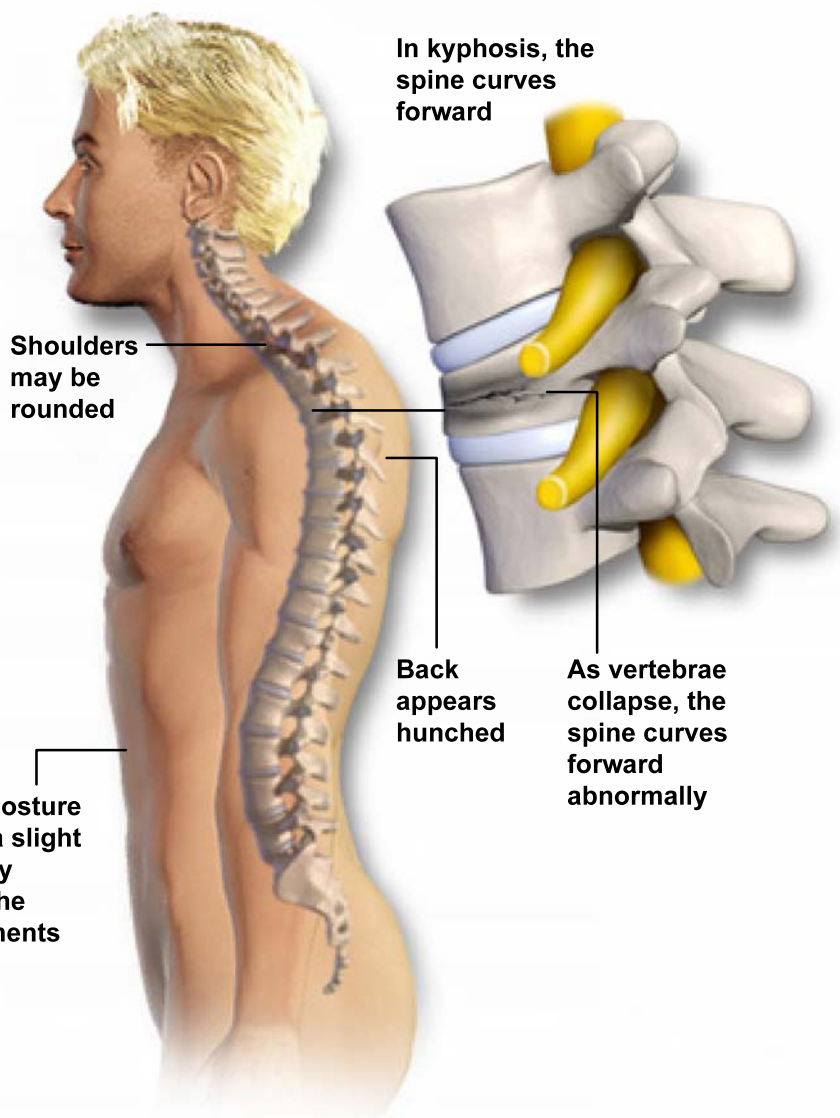


HEALTHY SPINE



A healthy spine is curved to position the head directly over the hips

SPINE AFFECTED BY KYPHOSIS



Shoulders may be rounded

In kyphosis, the spine curves forward

Back appears hunched

As vertebrae collapse, the spine curves forward abnormally

Abnormal posture can cause a slight curvature by loosening the spinal ligaments

About Kyphosis

Disease or damage to the bones of the spine can cause a deformation of the spine, called kyphosis.

CAUSES

One of the two basic causes of kyphosis is bad posture. The other cause of kyphosis is due to disease or physical

damage to the bones of the spine. Diseases of the vertebrae include

- **Osteoporosis** (weakening of the bones)
- **Scheuermann's disease** (usually seen in teen boys)
- **Pott's disease** (tuberculosis related)
- **Spinal tumors**

SYMPTOMS

In most cases, the only symptom may be the slight appearance of a hump in the upper back. If the kyphosis is severe, the person may have aches in the neck and lower back. Only a physician using x-rays can make an accurate diagnosis.

TREATMENT

Most people with kyphosis don't need treatment. Risks can be limited by increasing calcium intake and doing weight-bearing exercise to strengthen bones. If intervention is needed, an orthopedic brace may prevent further

curvature in growing children. In very few cases, spinal fusion surgery may straighten and stabilize the spine.