Article published on May 1st 2012 | Alternative Medicine

Scoliosis has been defined as the abnormal curvature of the spine when the body suffers any accident. As your spine is designed to bear a certain curve and shape to support the body posture and typical movements, scoliosis causes abnormality in the curvature, which then leads to the hampered movability of the body.

When diagnosed in its early stages, typically when one is still in their youth, the condition is called juvenile scoliosis. The onset of adult scoliosis however, is more severe and is normally a result of symptoms of the disease that were ignored during childhood, when it was still in its juvenile stage. Other types of adult scoliosis also occur, such as the congenial curve, paralytic curve and myopathic deformity.

Congenital curves occur during birth and if not diagnosed earlier, can lead to adult scoliosis that leads to weakening the spine and severe scoliosis pain. A paralytic curve can be diagnosed due to an accident or injury of the spine where myopic scoliosis can be prompted by diseases such as polio or cerebral palsy.

Symptoms of adult scoliosis

The patient suffering from adult scoliosis will normally have a tilted shoulder or have a hip higher than the other. The patient finds himself unable to move his body and is inflexible. Often due to tilted posture, one of the arms appears longer than the other and the patient even finds difficult to walk.

Scoliosis Treatment

Generally, if the symptoms are diagnosed earlier, especially at the earlier stage, then a braceand physiotherapy can work to improve pain and physical appearance. At this stage, the bones are very soft and more flexible, thus allowing it to be molded back to shape. These treatments therefore have proved to be very effective at the juvenile stage, but once the bones mature, it becomes hard and rigid and of course becomes weaker over time.

To diagnose the symptoms and the extent of deformities, a scoliosis specialist recommends the Adamâ€™s forward bending test, with results to be confirmed through an X-Ray, CT scan or MRI. When the extent has been diagnosed, the scoliosis treatment options include medication, physical exercise, bracing, and if needed, scoliosis surgery.

Scoliosis surgery can be done if the spinal curve is greater than 50 degrees and is accompanied by severe scoliosis pain. Further increase in the curvature may lead to problems in lungs and heart and so surgery is the most important solution for such patients.

Adult scoliosis can be avoided with proper diagnosis and treatment at the initial stage so that the extent of the curvature should not increase and can be avoided in time. This will also help in avoiding scoliosis surgery which sometimes has proven ineffective and the pain persists for a longer duration.

Article Source:
http://www.articleside.com/alternative-medicine-articles/adult-scoliosis-effective-ways-to-treat-the-symptoms.htm - Article Side

Alexs - About Author:
Scoliosis is best diagnosed and treated at the hands of the a Scoliosis specialist. Once they diagnose your problems by conducting tests the holistic a scoliosis treatment are carried forward by them to relieve you from this awful disease.

Article Keywords:
scoliosis, children scoliosis, adult scoliosis, scoliosis treatment

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!