

## What can I do to help myself?

- 1) Tell your friends and your family what posture(s) your physiotherapist has advised you to avoid so that they can remind you! This may involve avoiding sitting with your legs crossed or standing with one leg bent. Changing your posture is very difficult as sitting or standing in certain positions becomes a habit. If you continue to stand/sit in the same way the problem will not change.
- 2) Avoid staying in one position for too long- try and change your posture regularly.
- 3) Do your exercises regularly!! The curve in your back will not change without regular exercising as advised by your physiotherapist.
- 4) Avoid carrying heavy bags, particularly on one shoulder. When you go to school, college or work think about what you need in your bag and what you could leave at home or in a locker.

## STAY ACTIVE

It is important to keep active and participate in physical exercise as this helps to keep joints mobile and muscles strong.

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## Physiotherapy Department

### Postural Scoliosis

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## What causes a Scoliosis?

There are many different causes of scoliosis. However, for most people with Scoliosis the cause is unknown so the term 'Idiopathic' is used. Scoliosis can also be present from birth (Congenital) or be caused by a muscle disorder (Neuromuscular). Scoliosis is associated with lots of other syndromes (e.g. Cerebral Palsy) and can occur as part of the condition. *The British Scoliosis Society*

## What is a Postural Scoliosis?

A Postural Scoliosis is different to all other types of scoliosis as it is a mild curve which is not fixed. It is common in adolescent girls and disappears on bending forwards.

## What causes a Postural Scoliosis?

Postural scoliosis can be caused by a difference in leg length or repeated poor posture over a period of time. This can cause the muscles on one side of the back to be tight which pulls the spine away from the centre line or the muscles on the opposite side to be too weak.

## Can a Postural Scoliosis be changed?

**YES!!!!**

Unlike all other types of Scoliosis, a Postural Scoliosis can change as the spine is not fixed. All other types of Scoliosis will not change without bracing or surgery, although this is only carried out for more severe cases.



## How can physiotherapy help?

A physiotherapist will be able to carry out an assessment and identify what may be causing the Postural Scoliosis. This will

involve discussing your different postural habits, looking at your posture, looking at the movement in your back and measuring your leg length.

A physiotherapist will then be able to:

- Advise you on your posture
- Give you exercises to help stretch tight muscles
- Give you exercises to help strengthen weak muscles
- Recommend further assessment if your leg length is not equal