

Title: Current Physiotherapy Approaches for Adolescents with Idiopathic Scoliosis

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Current Physiotherapy Approaches for Adolescents with Idiopathic Scoliosis: Idiopathic scoliosis is a three-dimensional spinal deformity with an unknown etiology, characterized by the lateral deviation in frontal plane, axial rotation in horizontal plane and abnormal sagittal curvature of the spine. Adolescent idiopathic scoliosis (AIS) is present in 2%–4% of children and occurs in 10-year-old children to maturity. Adolescents with idiopathic scoliosis have several problems including altered posture, gait deviations, muscular imbalance, sensory disturbances, balance and postural stability defects, functional limitations, back pain, and negative physico-social and body image effects along with curve progression. To cope with these complications, conservative treatment of AIS involves various bracing and corrective exercise methods. The conservative treatment of AIS has been reported to be aimed at improving curve magnitude, cosmetic appearance, trunk symetry and health-related quality of life. Long-term bracing success rate is 80% for radiographic correction, but bracing cannot address the entire spectrum of musculoskeletal problems. There are several scoliosis-specific exercise methods including Schroth, Lyon method, Dobomed approach, scientific exercise approach to scoliosis (SEAS), and general exercise programs such as yoga and pilates. This abstract has the aim of present current physiotherapy and rehabilitation approaches including different bracing and exercise methods for the rehabilitation of AIS.

Biography

Gozde Yagci has completed her Msc at the age of 24 years and PhD at the age of 29 years from Hacettepe University, Faculty of Health Sciences, School of Physical Therapy and Rehabilitation, Turkey. She worked as a visiting academic scholar in a project of Constraint Induced Movement Therapy Laboratory, School of Health Professions, University at Alabama in Birmingham, Alabama, USA for three months in 2014. She spent two months as an academic visiting scholar in ISICO (Istituto Scientifico Italiano Colonna Vertebrale), Milano, 2015 for the purpose of adolescent idiopathic scoliosis rehabilitation. She's completed her part-time postdoctoral studies from Western University of Applied Science on Basic Body Awareness Methodology in the years between 2015-2017. Presently she is working as an assistant Professor in Hacettepe University. She has published more than 25 papers in reputed journals and has still continuied working on adolescent idiopathic scoliosis rehabilitation and other musculoskeletal disorders rehabilitation as a clinican and academician.

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