

What Is Scoliosis?

Scoliosis is a condition in which an individual's spine has lateral, or side to side curvature.

Although scoliosis is a three-dimensional deformity, on an x-ray, scoliosis curves can often look like a simple "S" or a "C" shape.

Scoliosis curves can actually occur at many levels of the spine such as; the cervical/neck region, thoracic/rib region and lumbar/low back region, as well as occurring at multiple regions in the same individual.

Some patterns are more common than others, but hardly ever are two scoliosis patients' spines identical. Most often, around 80-85% of scoliosis cases are idiopathic (meaning the cause is unknown). Idiopathic scoliosis can be broken down into more subcategories as infantile, juvenile, adolescent, or adult depending on when onset occurred.

80-85% of all scoliosis cases are Idiopathic, meaning the cause is unknown. Subcategories of Idiopathic scoliosis are infantile, juvenile, adolescent, or adult and are determined by when onset of scoliosis occurred.

Scoliosis can also be classified as congenital or neuromuscular. Congenital being caused by vertebral anomalies that occur during embryological development and may be accompanied by other organ anomalies. Neuromuscular is where scoliosis is a secondary symptom of another condition such as muscular dystrophy, cerebral palsy and others.

Degrees of Scoliosis?

		
<p>MILD SCOLIOSIS <i>Scoliosis curve 10° to 25°</i> About Symptoms Benefits of Treatment</p>	<p>MODERATE SCOLIOSIS <i>Scoliosis curve 26° to 40°</i> About Symptoms Benefits of Treatment</p>	<p>SEVERE SCOLIOSIS <i>Scoliosis curve above 40°</i> About Symptoms Benefits of Treatment</p>

Mild Scoliosis

Scoliosis curve 10° to 25°

Mild Scoliosis has a significant risk of progression: up to 22%. Once the scoliosis passes 20°, risk of progression more than triples to 68%.

Symptoms of Mild Stage Scoliosis

- Scoliosis curve is less than 25°.
- May have tilted head, uneven shoulders or hips.
- Head may appear forward of shoulders ("Forward Head Posture") when viewed from the side
- Clothing may hang unevenly.
- May have uneven leg lengths (with patient laying straight on the floor or bed, observe where the shoes meet).
- May go unnoticed, even by medical doctors or school screeners.
- May or may not be associated with pain.
- Most common in young, premenstrual girls, but can be seen in boys or adults.

Benefits of Mild Stage Scoliosis Treatment

- Easy to overcome when the curve is small.
- Cosmetic deformity is a much greater concern at this stage.
- More energy.
- Scoliscore test may be used to determine propensity of progression (99% accuracy) without the need for diagnostic X-Rays

The CLEAR™ methodology offers the only mild scoliosis treatment program available today. CLEAR's program is non-invasive, pro-active and is specifically designed to address the treatment needs of patients with a developing scoliosis condition. The CLEAR™ program has corrected thousands of mild scoliosis curves. Enrolling your son or daughter in our mild scoliosis treatment program will provide them with the best opportunity to reduce and stabilize their spinal curve before it progresses. Contact our office today to learn more about mild scoliosis treatment options or to schedule your initial consultation, 305-705-0777. **Back to top**

Moderate Scoliosis

Scoliosis curve 26° to 40°

Moderate scoliosis has a 68% chance of progression

Symptoms of Moderate Stage Scoliosis

- Scoliosis curve of 26-40°.
- May have tilted head, uneven shoulders or hips.
- Clothing may hang unevenly.
- Often have one shoulder blade that is higher than the other and a "rib hump" appears.
- May or may not be associated with pain.
- May feel fatigued after physical activity.
- Often feel "clumsy".
- May experience pain in spine, most commonly between shoulder blades and at the base of the

rib cage. Headaches are common.

-May become easily winded with physical activity.

-Often recommended for bracing.

Benefits of Moderate Stage Scoliosis Treatment

-Easy to overcome when the curve is not severe.

-Increased lung capacity / more room for organs.

-More energy.

-Important to stop progression before the curve gets severe

For moderate scoliosis curves, bracing is still the most common treatment method recommended. While many doctors in the US still recommend a soft or rigid brace to halt the curve progression, recent scientific studies question the effectiveness of this practice. In some cases, the forced correction of a brace actually causes an increase in patient's rib deformity, commonly known as a rib hump. Even if a brace is successful and does not increase deformity, all benefit is lost once the brace is removed. Overall, a 2007 article for the journal, Spine, graded bracing as a "D" for ability to halt curve progression. Both patients and researchers agree that we need a better system.

The CLEAR™ program is developed as a safe, effective alternate to bracing. The moderate scoliosis protocol is well tolerated by virtually all patients regardless of age, and not only can it stabilize the scoliosis but achieve considerable scoliosis reduction as well. Contact our office today to learn more about moderate scoliosis treatment options or to schedule your initial consultation, 305-705-0777. **Back to top**

Severe Scoliosis

Scoliosis curve above 40°

Severe scoliosis has a 90% risk of progression

Symptoms of Severe Stage Scoliosis

-Scoliosis curves above 40°.

-May have tilted head, uneven shoulders or hips.

-Spine may be visualized as a "C" or "S" shape beneath the skin.

-Often the torso will rotate, pulling the belly button off center.

-Clothing may hang unevenly.

-Often have one shoulder blade that is higher than the other and a "rib hump" is prominent.

-May feel fatigued after physical activity, including sitting or standing for long periods.

-Often feel clumsy or accident prone.

-May become easily winded with physical activity.

-May experience pain in spine, most commonly between shoulder blades, at the base of the rib cage and in the low back. Headaches are common.

-Often recommended for surgery.

Benefits of Severe Stage Scoliosis Treatment

- Increased lung capacity / more room for organs
- More energy
- Increased life expectancy
- Alleviate pain

Scoliosis is a very serious condition and spinal curves that progress beyond 40 degrees are often recommended for multiple level spinal fusion surgery. While scoliosis surgery has improved over the past several decades, choosing surgery is never easy, and many patients find that the risks and poor treatment outcomes make this a last resort.

Patients often experience chronic pain and headaches, loss of balance, and digestive disorders. Clothes hang unevenly and severe postural imbalances are noticed, including a "rib hump" and off-centered belly button. Many times the spine is visualized as a "C" or "S" shape. Many patients struggle with poor body image, social anxiety, and depression.

The CLEAR™ Institute has done exclusive research and development into new and better treatment methods for treating severe scoliosis. Specialized rehabilitation equipment, custom treatment plans and protocols, and scientific breakthroughs in the field of bio-vibration have been created for the specific purpose of providing patients with a better treatment alternative for curves above forty degrees.

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