

POSTURAL DISORDERS

Kyphosis



DEFINITION:

An exaggerated arch in the normal thoracic curve of the spine.

COMMON CHARACTERISTICS OF KYPHOSIS:

- Rounded shoulder appearance
- Forward head posture

MEDICAL CONDITION ASSOCIATED WITH KYPHOSIS:

Scheuermann's Disease or Juvenile Kyphosis: an excess kyphotic thoracic spine resulting from inflammation of bone and/or cartilage. Two or more vertebral bodies may fragment due to the inflammation in vertebrae. Pain is often not great enough to limit movement but students should be protected from all movements by wearing a hyperextension brace.

TEACHING TIPS:

- Provide exercises to increase flexibility of the chest muscles and to strengthen muscles in the upper back region, such as pull-downs, prone chest raises, rows, etc.
- Encourage increase flexibility of neck musculature by simple neck range of motion exercises done actively by the student.
- Encourage abdominal strengthening exercises.
- Inform the student that all stretching exercises should be done pain-free.
- Collaborate with the adapted physical educator/physical therapist/occupational therapist to assist with the student's physical and motor development.

SUGGESTED EXERCISES:

Information on this sheet contains only suggested guidelines. Each student must be considered individually, and in many cases, a physician's written consent should be obtained.