Adolescent Idiopathic Scoliosis: Comparing and Contrasting Operative Versus Non-Operative Treatment Abstract

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**Adolescent Idiopathic Scoliosis: Comparing and Contrasting Operative Versus Non-Operative Treatment**

**Abstract**

- Adolescent idiopathic scoliosis (AIS) is the most common form of scoliosis, affecting 2 to 4 percent of adolescents aged 10-16 years. Although most adolescents diagnosed with scoliosis will not develop clinical symptoms, ten percent will progress and require medical intervention due to the potential for rib deformity and respiratory compromise as well as significant emotional distress due to aesthetic changes in appearance. Primary care providers should be prepared to evaluate and recommend treatment when idiopathic scoliosis is discovered or addressed by the patient. Three major factors that determine whether scoliosis will progress are patient gender, magnitude of curve on presentation, and patient’s growth potential. Treatment options include non-operative, such as observation, exercises, bracing, and electrical stimulation, as well as operative interventions including spinal fusion using a variety of rod implants. The review of literature explores studies that compare the non-operative and operative treatment options for AIS. It was found that non-operative therapy can be used as a comparable and preferable option to surgery for many AIS patients. The findings indicate that the AIS patient outcomes as well as criteria of each treatment option is determined by many factors, including: patient’s age, gender, maturity of the bone, presence of secondary complications, location and severity of the curve, psychological implications of a deformity, and the patient’s willingness to participate in treatment.

**Statement of the Problem**

- Adolescent idiopathic scoliosis adversely affects thousands of children every year.
- Treatment options are limited and must be adequately evaluated in order to optimize patient outcomes.
- The general consensus of the research is that non-operative treatment is an important and beneficial intervention and operative therapy is effective with significant curve progression or when non-operative therapy is ineffective.
- Overall, it is found that the appropriately selected operative and non-operative therapy can decrease probability of curve progression, increase flexibility and mobility of the spine, and prevent secondary deformities. The three primary factors that determine whether scoliosis will progress are patient gender, magnitude of curve on presentation, and patient’s growth potential.

**Research Question**

- For patients with adolescent idiopathic scoliosis, when is operative compared to non-operative treatment most efficacious?

**Literature Review**

- The literature review evaluates selected studies from the databases Medline, PubMed and The Cochran Library.
- The studies selected contain information on diagnosis and treatment options for AIS including operative and non-operative treatments and the resulting outcomes.
- Adolescent idiopathic scoliosis (AIS) affects thousands of children every year.
- Physicians have created guidelines for treatment using the research available, however, the options are limited.
- Operative therapy is effective with significant curve progression or when physical therapy may require large investments of patient time, money and other resources or when poor compliance of adolescents may limit the effectiveness of physical therapy.
- No research has found the therapies discussed to cause scoliosis to worsen, however evidence-based practice is limited by lack of quality research.
- There is a significant lack of research on Conservative Treatment of Idiopathic Scoliosis (CTIS) and studies differ on the long-term efficacy of operative therapy.

**Discussion**

- The three primary factors that determine whether scoliosis will progress are patient gender, magnitude of curve on presentation, and patient’s growth potential.
- Females are five to ten times more likely than males to progress and require treatment (Horne, 2014). Patients with significant curves, especially those with greatest growth potential, are at highest risk for curve progression.
- The currently employed AIS treatment options are observation, PSE, bracing, and surgery.
- The goal for primary care providers is the early identification of AIS patients and to determine the necessity for further evaluation and referral.

**Clinical Applicability**

- While, in 2004, the U.S. Preventive Services Task Force gave a D recommendation for routine scoliosis screening in juveniles and adolescents, other organizations such as the SOSORT have B recommendations for routine screening.
- Regardless of which guidelines are followed, all clinicians should be prepared to evaluate and recommend treatment when idiopathic scoliosis is discovered incidentally or addressed by the patient.
- The three primary factors that determine whether scoliosis will progress are patient gender, magnitude of curve on presentation, and patient’s growth potential.

**References**