**Kyphosis**

***Symptoms?***

**The signs and symptoms of kyphosis vary, depending upon the cause and severity of the curve. These may include:**

* **Rounded shoulders**
* **A visible hump on the back**
* **Mild back pain**
* **Fatigue**
* **Spine stiffness**
* **Tight hamstrings (the muscles in the back of the thigh)**

**Rarely, over time, progressive curves may lead to:**

* **Weakness, numbness, or tingling in the legs**
* **Loss of sensation**
* **Changes in bowel or bladder habits**
* **Shortness of breath or other breathing difficulties**

***Causes of kyphosis?***

**Kyphosis can be congenital (present at birth) or due to acquired conditions that may include the following:**

* **Metabolic problems**
* **Neuromuscular conditions**
* **Osteogenesis imperfecta, also called brittle bone disease; a condition that causes bones to fracture with minimal force.**
* **Spina bifida**
* **Scheuermann’s kyphosis: a condition that causes the vertebrae to curve forward in the upper back area; the cause of Scheuermann’s kyphosis is unknown and is commonly seen in males.**
* **Postural kyphosis: the most common type of kyphosis; it generally becomes noticeable in adolescence and can be associated with slouching versus a spinal abnormality. Exercise is used to help correct posture.**

**" Kyphosis is more common in females than males "**

***Treatment"***

**The goal of treatment is to stop progression of the curve and prevent deformity.**

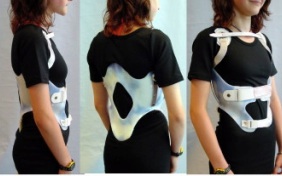
***Nonsurgical treatment may include:***

* ***Specific exercises"***

[***https://youtu.be/POARdLtqQXA***](https://youtu.be/POARdLtqQXA)

[***https://youtu.be/pWmOT-BatTI***](https://youtu.be/pWmOT-BatTI)

* ***Bracing"***



* ***Nonsteroidal anti-inflammatory drugs (NSAIDs). NSAIDs, including aspirin, ibuprofen, and naproxen, can help relieve back pain"***