



**FIG 29-20** **A**, Standard thoracolumbosacral orthotic (TLSO) brace for idiopathic scoliosis. The brace may be decorated to make it more acceptable to adolescents. **B**, Posterior view of the same brace.

There is very limited evidence regarding the effect of exercises and chiropractic treatment in the prevention of curve progression in scoliosis. Transcutaneous electrical nerve stimulation has proved to be an ineffective treatment. Exercises are of benefit when used in conjunction with bracing to maintain and increase the strength and range of motion of the spine.

### Operative Management

Surgical intervention may be required for treatment of severe curves, which are typically greater than 45 degrees ([Mistovich and Spiegel, 2016](#)). The child's age, location of the curvature, and curve magnitude influence the decision for surgery. Any progressive or