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Scoliosis

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Introduction: Scoliosis is a three-dimensional deformity of the Spine. There is tilting, rotation and translation of the vertebrae in the coronal and sagittal plane. It is characterized by a sideways curvature of the spine with prominence of the rib cage at the convexity and asymmetry of the waist in thoracic and lumbar curves respectively. Occasionally there are combined curve patterns that have both.

There are different types of Scoliosis depending on the aetiology and it is important to be sure of the type of Scoliosis the patient presents with as the management differs considerably for example a rapidly progressive congenital Scoliosis may have to be managed more expediently (risk of thoracic insufficiency syndrome) than a late-onset Idiopathic Scoliosis.

Scoliosis is classified based upon several criteria such as the chronology (early and late-onset), aetiology (Idiopathic, congenital, neuromuscular, syndromic, tc.) and types (Lenke classification). The natural history of Scoliosis and management hinges on the classification.

Management: Management of Scoliosis is with non-surgical and surgical means. Non-surgical means include physical therapy such as the Schroth methods and bracing (different types with good evidence on efficacy). Surgical treatment also varies considerably depending on the aetiology, classification, and age of the patient. There are growth modulating techniques, definitive fusion techniques, and minimally invasive techniques.

There have been immense advancements in the nonsurgical and surgical management with technology improving safety and efficacy of all modalities. Patient/parent education and early diagnosis remains the key to obtaining optimal outcomes.

Biography

Antony Michael is a Senior Consultant Orthopaedic Spine Surgeon at the Neuro Spinal Hospital in Dubai, with 28 years experience, the last 20 years in the United Kingdom. He obtained his CCT (T&O) from the UK in August 2010, FRCS (T&O), and FRCS Ed. He has completed a Master's degree in the Surgery of Trauma and obtained the M.Med. Sci. (Trauma Surgery) at the University of Birmingham. He was awarded the prestigious William Gissane Memorial prize (Gold Medal). Before this, he completed the National Board training in Trauma and Orthopaedics from India.

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Zeshan Zahid is one of the leading Orthotist for scoliosis bracing in UAE. Having completed his graduation in Prosthetics & Orthotics Sciences from the Rawalpindi Medical College, in Pakistan, he continued to work there as a lecturer, representing his alma mater on different national & international platforms. He completed his Masters in Health Informatics & obtained many certifications like the ABC certification in Cranial Deformity management, German certification in Scoliosis bracing treatment. Zahid is the founder President of the Prosthetics & Orthotics Society Pakistan, & a member of the Emirates Medical Association. He is well-versed in the orthotic management of different syndromic conditions as well as routine orthopaedic conditions. He has many research publications on his credit & has been invited by the International Society of Prosthetics & Orthotics in India & Japan to present his research work.

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Branka Majstorovic graduated from Belgrade University in 2010; after completing an internship in the biggest rehabilitation center in Belgrade 'Dr. Miroslav Zotovic' is continuously working in physiotherapy. In 2014 completed Barcelona Scoliosis Physiotherapy School by Dr. Manuel Rigo and treating Scoliosis and Kyphosis by the Schroth method ever since. Since 2019 she has been working in Neuro Spinal Hospital, Dubai, UAE.

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