



Rules of the Therapy and Prophylaxis

Tomasz Karski*

Professor Lecturer in Vincent Pol, Lublin University, Warsaw, Poland

***Corresponding author:** Tomasz Karski, Professor Lecturer in Vincent Pol, Lublin University, Warsaw, Poland, E-mail: tomasz_karski@gmail.com

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Description

Developmental elements of the so-known as idiopathic scoliosis had been mystery over many centuries. The biomechanical reasons of the deformity had been located and defined in years 1984-2007. In the improvement of scoliosis, the principle thing is the addition of status 'at ease' at the proper leg, and gait is any other one. These biomechanical elements seem due to the asymmetry of hips motion. In the proper hip the adduction, and regularly inner rotation and extension, are restrained. The restrict of motion of the proper hip is one of the 8 signs of the syndrome of contracture and deformities in keeping with Prof. Hans Mau and Lublin observations. This restrict allows the easy "status" at the proper leg such role may be very snug way to a higher stabilization; however with the time it is able to motive the left convex curve in lumbar backbone. The different influencing thing is attached with gait. When the motion in proper hip is maximally restrained the compensative motion in pelvis and in backbone in the course of taking walks seems and it's far the motive of rotation deformity and stiffness of the backbone. All factors in pathology are linked with various fashions the hip's motion. In end result there are 3 companies and 4 varieties of scoliosis. In the article, the writer affords the brand new Lublin type, new exams in exam and guidelines of the brand new remedy and causal prophylaxis of this backbone deformity. Steps in discovery of etiology of the so-known as idiopathic scoliosis. 88% of scoliosis instances had been over a few years known as "idiopathic scoliosis". The reasons of the last 20% had been congenital scoliosis, neurological with paresis of muscles, useful or the backbone deformity became in various pathology syndromes [1-4].

Adolescent Idiopathic Scoliosis

Over many centuries the etiology of "idiopathic scoliosis" became unknown and this sort of backbone deformity became defined as "idiopathic scoliosis" what means "scoliosis and not using a based reasons". The hassle of "idiopathic scoliosis" Adolescent Idiopathic Scoliosis (AIS) became the situation of the writer's studies due to the fact 1984. During the scholarship live in Invalid Foundation Hospital in Helsinki / Teholantie 10, Finland in 1984 author (T. Karski) attempted to locate the etiology of "the idiopathic scoliosis" through the exam of many kids with scoliosis. During this one-month observe sadly the etiology has now no longer been observed. In the subsequent years, 1984-1995, in Lublin, Poland after analyzing many kids observed an etiological thing. I located that scoliosis is attached with

the asymmetrical motion of hips and subsequent with function everlasting "status 'at ease' at the proper leg" and "gait". Noticing the distinction with inside the motion of the hips restrained adduction in immediately role of joint became a finding out second with inside the discovery of etiology. The difficulty of adduction of the proper hip, or maybe abduction contracture of this joint five to ten diploma is one of the signs of "The Syndrome of Contractures and Deformities" [SofCD] in keeping with Prof. Hans Mau from Tübingen, Germany and Lublin observations. The immediately role in exam is much like the status role or to the stance section in taking walks and these moments play finding out function in improvement of scoliosis thru function status and gait. Additionally, in lots of kids, secondary reasons can seem and there are linked with the Minimal Brain Dysfunctions (MBD): So-known as idiopathic scoliosis. These are the standard signs in kids with Minimal Brain Dysfunction [MBD].

- Extension contracture of backbone,
- Anterior tilt of pelvis and hiperlordosis of lumbar backbone,
- Laxity of joints Historical dates of discoveries 1995

First lecture approximately biomechanical etiology of the so known as idiopathic scoliosis in the course of Orthopedic Congress in Szeged, Hungary. First booklet approximately biomechanical etiology of scoliosis in orthopädische praxis in Germany describing in new type etiopathological companies of scoliosis- S scoliosis, C and S scoliosis describing in new type the I scoliosis. In this kind the backbone is stiff; there aren't any curves or small ones. 2006 the closing description of the sort of hips motion and the sort of scoliosis. 2007 description of oblique affects coming from Central Nervous System (CNS) in kids with Minimal Brain Dysfunction (MBD). Material In the years 1984-2019, extra than 2500 sufferers with scoliosis had been discovered and treated. This organization protected kids and youth 80% with inside the age of four to 25. The last 20%, with inside the age of 30% to 88% old, consisted of sufferers with troubles of spinal ache. In all sufferers with again ache one in all its reasons is scoliosis and the identical etiological thing has been located status at ease at the proper leg. What became located as well became the asymmetry of the motion of the hips restrained adduction of the proper hip in extension role of the joint. The prognosis of those sufferers indicated a backbone deformity with inside the shape of C or S scoliosis in etiopathological organization [5-8].

New Classification three companies and four varieties of scoliosis. The sort of backbone deformity is attached with version of hips motion and etiological elements- gait and status at ease at the proper leg. Extension contracture of trunk, anterior tilt of pelvis, laxity of joints, Scoliosis 3D-S first etiopathological organization double curve. Stiff backbone, rib hump at the proper facet of the thorax. Specific version of hip movements maximally restrained motion of proper hip and complete motion of the left hip. Connection with gait and everlasting status at ease at the proper leg. Explanation- in the course of taking walks, in each step, due to the absence of the addiction and rotation motion of the proper hip, seems a compensatory motion with inside the pelvis and the backbone and this produces a rotation distortion with inside the backbone. As a consequence, stiffness seems. Standing 'at ease' at the proper leg that is everlasting bureaucracy curves. Beginning of deformity takes area with inside the 2d-3 year of life. Clinical signs seem on the age of 5 years-6 years. This sort of scoliosis progresses in particular in the course of the duration of expanded growth. (2A) Scoliosis lumbar left convex, flexible backbone. Specific version of hip movements - minimally

restrained motion of the proper hip and complete motion of the left hip. Connected with everlasting status, at ease at the proper leg. Beginning of the deformity on the age of 2 years-3 years. Clinical signs seem on the age of 8 years-10 years. This sort of scoliosis is without development or with handiest minimally development. 2B-Scoliosis curves. Specific version of hip movements- minimally restrained motion of the proper hip and complete motion of the left hip. Connection with everlasting status at ease at the proper leg and moreover with laxity of joints and previous dangerous exercises. Beginning of the deformity on the age of 2 years-3 years. Clinical signs seem in age of 10 years-12 years. In the 2d-A and 2d-B varieties of scoliosis the backbone is flexible. This sort of scoliosis is with mild development [8-10].

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