Spine curvature refers to the natural curves of the human spine. The spine normally has four natural curves: the cervical curve in the neck, the thoracic curve in the upper back, the lumbar curve in the lower back, and the sacral curve at the base of the spine. These curves help to distribute weight and provide stability and flexibility to the spine.

However, abnormal curvature of the spine can occur due to various reasons such as congenital disorders, injury, or degenerative changes in the spine. Abnormal curvature can be categorized into three main types: lordosis, kyphosis, and scoliosis.

Lordosis refers to an excessive inward curve of the spine in the lumbar region, which is also called swayback. Kyphosis refers to an excessive outward curve of the spine in the thoracic region, which is also called hunchback. Scoliosis refers to a sideways curvature of the spine that can occur in any region of the spine.

Treatment options for abnormal spine curvature depend on the underlying cause and severity of the curvature. Mild cases may not require treatment, while more severe cases may require bracing, physical therapy, or surgery to correct the curvature and prevent further progression.

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