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Case Report: A Comprehensive Rehabilitation Management of Post Operative Idiopathic Adolescent Scoliosis

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Abstract

Objective: Reporting a comprehensive management of physical medicine and rehabilitation of post operative high S curve idiopathic scoliosis in adolescent.

Methods: Patient was assessed for balance contraction of back muscles with biofeedback (BF), chest expansion and endurance capacity with conversed 6 minute walking test (6 MWT) result to metabolic equivalents (METs), pre and post spinal corrective surgery with Hurrington’s rod and pedicle screw.

Results: Pre and post surgical and rehabilitation integration programs showed improvements in Cobb’s angle (thoracic/lumbar angle was 64°/32° became 20°/5°), chest expansion, spinal muscular balance and strength, and endurance capacity reflected by METS (5.5; 5.78; and 6.2 respectively).

Conclusion: There were improvements in Cobb’s angle, chest expansion, spinal muscular balance and strength, and endurance capacity 6 months post therapy.

Keyword: scoliosis, Cobb’s angle, biofeedback, chest, expansion, METs,

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