

Oral presentation

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Quality of life for adolescents with idiopathic scoliosis in relation to the duration of application of the modified Boston brace

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Aim

The aim of this comparative study was to assess the quality of life of adolescents with Idiopathic Scoliosis in relation to the duration of application of modified Boston brace, as a conservative treatment.

Methods

Ninety one adolescents, 10 to 18 years old with idiopathic scoliosis who were treated conservatively with modified Boston brace took part in this study. The mean daily time of brace application was over 12 hours. Adolescents with history of acute or chronic illness, surgical treatment, mental retardation, neuromuscular disease or other congenital anomaly were excluded from the research.

The adolescents were divided in two groups. In the first group (n = 47) were included adolescents wearing the brace for over two years (mean time of application 3, 3 years) and the second group (n = 44) included adolescents, which have been treated with Boston brace for less than two years (mean time of application 1, 2 years).

Every child completed a detailed questionnaire (SRS-22) concerning the evaluation of function, pain, self image, mental health and satisfaction with management. Both groups were comparable according to age and degrees of scoliotic curve.

Results

There was no statistical significant difference between both groups in terms of the questionnaire. However, the mental health section results demonstrated a difference, with a favorable tendency for the second group.

Conclusion

The mental health of adolescents with Idiopathic Scoliosis who wear the modified Boston brace needs to be further investigated.

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