

Oral presentation

Quality of life of patients with adolescent idiopathic scoliosis undergoing conservative treatment

M Kolebacz, J Durmala* and K Czernicki

Address: Department of Rehabilitation, University Hospital Medical Center of Silesia Ziolowa Str. 45/47 40-635 Katowice Poland, 40635, Poland

Email: J Durmala* - jdurmala@sum.edu.pl

* Corresponding author

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Background

One of main purposes of treatment of adolescent idiopathic scoliosis is the improvement of a patient's quality of life with respect to not only biological, but also social and psychological aspects. Pain, limitations of movement, medical recommendations, and methods of rehabilitation affect these aspects.

Aim

The aim of the study was to assess the quality of life in group of adolescents with idiopathic scoliosis. We obtained knowledge about their main problems with respect to social, emotional and personal aspects of life with consideration of the scoliosis and the method of conservative treatment.

Materials and methods

69 adolescents, aged 10 to 18 years, were classified into two groups according to the method of treatment. 39 patients underwent Cheneau bracing and physiotherapy with the DoboMed program, and 30 were treated with physiotherapy only. All children were asked about their social, emotional and biological problems related to their illness and method of treatment. The group being treated with bracing answered a 24-point questionnaire, and the non-braced group answered a 21-point questionnaire. Each question had answer scale from 1 point (never) to 5 points (always).

Results

The Cheneau brace negatively affected adolescent quality of life in social and biological aspects. Most of the patients declared feeling ashamed in a school environment and experienced an uncomfortable sense of heat and pressure. Patients treated by physiotherapy only did not experience negative consequences of their illness and applied treating methods.

Conclusion

Application of Cheneau brace with physiotherapy negatively affects the quality of life of adolescent patients, while patients treated only with physiotherapy do not experience a negative impact on their quality of life. The main problems among patients treated with bracing are feelings of shame and physical discomfort, as well as other minor factors that decrease quality of life.