

Oral presentation

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## Stabilisation of progressive idiopathic scoliosis in the period of maturation in girls treated using Dobosiewicz's method (period of the observation >36 months)

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from 4th International Conference on Conservative Management of Spinal Deformities  
Boston, MA, USA. 13–16 May 2007

Published: 12 October 2007

*Scoliosis* 2007, **2**(Suppl 1):S5 doi:10.1186/1748-7161-2-S1-S5

This abstract is available from: <http://www.scoliosisjournal.com/content/2/S1/S5>

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### Objective

The aim of the study was the retrospective analysis of effectiveness of conservative treatment of progressive idiopathic scoliosis (IS) in the period of maturation.

### Study design

The analysis included twenty girls with IS (thirty-one curves; eleven double major, six thoracic, three thoracolumbar). The mean initial Cobb angle was  $27.7 \pm 7.52$  degrees (range 15–45 degrees). Progression was defined as radiological documentation of a >6 degree increase in Cobb angle in six months. All patients were treated using Dobosiewicz's method [1-5]. The criteria of inclusion was a minimum observation period of >36 months spanning one year before and after first menstruation, with hospitalization at least two times in the Department of Rehabilitation. The mean duration of observation was  $50.9 \pm 16.7$  months (range 37–91 months). Patient compliance was not taken into account in this analysis.

### Results

Mean progression of Cobb angle in the study group was  $0.6 \pm 6.45$  degrees (range -14 to +15°). Mean progression of AVR angle was  $1.0 \pm 5.76$  degrees (range -15 to +15°).

### Conclusion

The radiological results demonstrated prevalent stabilisation of scoliotic curves in girls with progressive IS, treated using Dobosiewicz's method.

### References

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