

Oral presentation

Open Access

Medical and psychosocial outcome of Scoliosis In-Patient Rehabilitation (SIR)

Klaus Freidel, Franz Petermann, Dagmar Reichel, Petra Warschburger and Hans-Rudolf Weiss*

Address: Asklepios Katharina Schroth Spinal Deformities Rehabilitation Centre, Bad Sobernheim, Germany

* Corresponding author

from 5th International Conference on Conservative Management of Spinal Deformities
Athens, Greece. 3–5 April 2008

Published: 15 January 2009

Scoliosis 2009, 4(Suppl 1):O61 doi:10.1186/1748-7161-4-S1-O61

This abstract is available from: <http://www.scoliosisjournal.com/content/4/S1/O61>

© 2009 Freidel et al; licensee BioMed Central Ltd.

Background

In a doctoral thesis by the first author, the medical and psychosocial outcome of Scoliosis In-Patient Rehabilitation is examined. The results of this investigation are published in German only. Therefore, a presentation of his results in English will enhance the present literature in scoliosis treatment.

Materials and methods

One hundred and forty one female patients with idiopathic scoliosis took part in this prospective study (11–16 years of age n = 85 [Group I]; 17–21 years n = 23 [Group II]; and > 21 years n = 33 [Group III]). The following HRQL/anxiety questionnaires have been used: SF-36, BWF, CHQ, FKV and STAIK. Pain measurement was also performed (VRS). Clinical follow-up: ATR (Scoliometer), surface topography and vital capacity (VC). Additionally the patients have been asked about their satisfaction with respect to content and outcome of SIR. The evaluation included measurements before SIR (t1), directly after SIR (t2) and two months after SIR (t3).

Results

Significant improvements have been found with respect to HRQL/anxiety and also with respect to pain (Group III; t3). Average lateral deviation, ATR and VC have also improved significantly after SIR. In addition, the patients were very satisfied with SIR contents and outcomes.

Conclusion

The results clearly demonstrate a positive influence of SIR on the patient suffering from scoliosis with respect to medical and psychosocial issues.

References

1. Freidel K, Petermann F, Reichel D, Steiner A, Warschburger P, Weiss HR: **Quality of life in women with idiopathic scoliosis.** *Spine* 2002, **27**(4):E87-91.
2. Weiss HR, Steiner A, Reichel D, Petermann F, Warschburger P, Freidel K: **Medizinischer Outcome nach stationärer Intensivrehabilitation bei Skoliose.** *Phys Med Rehab Kuror* 2001, **11**:100-103.