Course Objectives

MedBridge
Adult Scoliosis: Evaluation and Treatment Considerations
Cindy Marti, PT

Course Description

The course will give an overview of scoliosis seen in adults. Differential diagnosis of adult onset degenerative scoliosis will be discussed. Key radiological characteristics related to quality of life for adults with scoliosis will be reviewed based upon published literature. Complexities of symptom presentations will be shared, including case examples. Suggestions will be provided for clinical precautions and coordination of care with other scoliosis professionals. The course is not intended for the application of PSSE by the clinician (advanced PSSE training is needed), but some simple scoliosis intervention suggestions will be given.

Course Objectives

1. Understand the difference between AIS and adult onset degenerative scoliosis
2. Learn about radiological variables in adult scoliosis patients that relate to quality of life
3. Appreciate complexities of adult scoliosis using case examples that may present in a typical clinical setting
4. Improve decision making in coordination of care for adults with scoliosis
5. Apply physical therapy modifications and precautions for adults with scoliosis