

Kyphosis is a condition in which part of the spine curves too much, causing a rounding of the back. This results in slouched posture or a hunchback. About 1 in 1,000 people have kyphosis.

## CAUSES AND RISK FACTORS

Kyphosis can develop at any age. Risk factors include:

- Neuromuscular conditions
- Certain metabolic problems
- Spina bifida
- Congenital kyphosis that can affect a child at birth

## SYMPTOMS AND TYPES

Symptoms include:

- A hump in the upper portion of the back
- Uneven shoulders
- The head leans forward past the rest of their body when standing.
- Tight hamstrings

Types:

- Hyper-kyphosis is an exaggerated hump in the upper portion of the back.
- Scheuermann kyphosis is a more serious form of the condition that is the result of deformities in the vertebrae. Children suffering from Scheuermann kyphosis will develop a curvature in the spine as they grow because the back portion of the vertebrae develops faster than the front portion.
- Congenital kyphosis is a birth defect seen in babies that is the result of misshaped vertebrae.

## DIAGNOSIS AND TESTS

A physical exam, X-rays and magnetic resonance imaging (MRI) may be used to diagnose this condition.

## TREATMENT AND CARE

Treatment depends on the severity of the kyphosis. Bracing is commonly used during a child's growing years to stop further curvature. In more severe cases of kyphosis, surgery may be recommended.

## LIVING AND MANAGING

Many patients do well without treatment. Others benefit from physical therapy or exercise. Even children with severe kyphosis usually are able to be active after treatment.



**Need an appointment or have questions?  
Call 832-822- 3100 for the Main Campus Clinic and  
Health Centers.  
For our West Campus location, call 832-227-7678.**