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Lumbar scoliosis: Reducing lower back pain and improving function in adulthood. A case report with a 2-year follow-up.

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Abstract

BACKGROUND: Lower back pain (LBP) can persist into adulthood as a sequelae of adolescent lumbar scoliosis, particularly under certain conditions influenced by aspects of bodily biomechanics and/or other factors. Here we describe the use of tailored bracing used in an adult with pre-existing lumbar scoliosis suffering from LBP.

CASE DESCRIPTION: A 40-year-old female presented with acute LBP. The subject complained of acute lumbar pain exacerbated when she was upright, and when she was engaged in the normal activities of daily life. At the time of the first observation, the patient was wearing a brace that was readily available commercially. We modified the non-individualized elastic brace that the patient had already purchased. Major improvements were observed in either or both of the Quebec Back Pain Disability Scale and Numerical Pain Rating Scale scores.

CONCLUSION: We speculate that the tailored bracing described in the present case may be a viable option in carefully selected cases.

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KEYWORDS: Braces; Case report; Low back pain; Outcome assessment; Rehabilitation; Scoliosis

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