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Scoliosis

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Cheneau bracing with dobomed physiotherapy for thoracic scoliosis: prospective evaluation of 25 patients followed to skeletal maturity

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Introduction

Giving evidence of efficacy of conservative management of progressive idiopathic scoliosis in the period of rapid adolescent growth requires prospective evaluation and a long time observation, thus the final number of patients available for analysis is often limited.

The aim of the study was to present a series of patients who finished the conservative treatment.

Material and methods

Twenty-five girls aged 10 to 14 years underwent conservative treatment for thoracic idiopathic scoliosis. All revealed radiological proof of progression. The initial thoracic Cobb angle revealed the value of 16.0° to 40.0°, mean 26.1° ± 8.4°. Cheneau brace was ordered for full time wearing, accompanied with DoboMed daily physiotherapy. The treatment was endorsed during a 2 week in-patient stay at the rehabilitation department; the brace was fitted and the patients learned physiotherapy. Regular controls were performed with a radiological check once a year. The duration of therapy was 36 to 89 months, mean 53.6 ± 14 months. The last radiography was done 6 months after discharging from brace.

Results

The effective time of brace wearing reported on investigation varied from 8 to 23 hours, mean 11.9 ± 5.5 hours. The Cobb angle at follow-up was 8.0° to 54.0°, mean 32.0° ± 12.7°. The stabilization was achieved in 56% of patients. Three patients (12%) exceeded the value of 50° of Cobb, considered to be surgical indication.

Conclusion

Stabilization of progressive thoracic scoliosis was achieved in girls using the Cheneau brace and specific DoboMed physiotherapy.

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