

## ***BACK TO BASICS NEWS***

*Back to Basics Family PT ,7768 Williamson Rd.*

*Roanoke, VA 24019 540.985.0500*

### **Treatment options**



The usual treatment for scoliosis is a back brace for youngsters that aren't skeletally mature. It won't reverse the existing curvature, but the goal is to stop the progression as the child grows. Once a patient has stopped growing, further curvature typically stops, too.

Wearing a brace that's discreet is a primary concern for children who want to fit in with their peers. We offer custom made braces that can be removed for sports participation or worn only at night.

Surgery is the last resort of scoliosis treatment and we provide a variety of therapies for healing and rehabilitation. Our therapists provide recommendations for ergonomic and environmental adaptations that reduce the risk of injury and enhance mobility. Advice on pillows, mattresses and sleep aids and devices is available for appropriate support.

Customized orthotic devices are available to address differences in leg length when the curvature has affected posture and a gait analysis is effective for pinpointing the exact location of potential points of concern. Our therapists assist patients in the use, care and operation of mobility aids, along with posture improvement and new ways to move.



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here

Francine Noel-Ford, DPT  
Back to Basics Family  
Physical Therapy

[Email-us](#)

540.985.0500

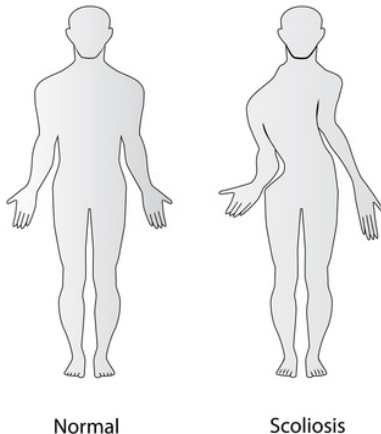
[Our Website](#)



Therapeutic massage, electrical stimulation, ultrasound and aquatic therapies are available to ease pain, maintain health of soft tissues and enhance flexibility. Clinical Pilates, yoga and prescription exercise programs help develop stability, balance and strength.

An early diagnosis and close monitoring is critical in the treatment of scoliosis. Our practice offers extensive expertise and advanced technology to treat patients with scoliosis at all levels of curvature and address the special considerations of children.

## Posture Perfect



One of the most common spinal conditions individuals may hear about is scoliosis. It's a term medical professionals use to describe an abnormal, sideways curvature of the spine. The curvature can range from minor to severe and doesn't cause pain in most instances, but it does need to be monitored by a physical therapist who can determine if the curvature is getting worse and provide treatment if needed.

The human spine is a complicated construction that's subject to a variety of conditions that disrupt normal formation, shape and alignment. Scoliosis is the most common, causing areas of the spine to form a C or S shape. In the severest forms, it can result in gait disruptions and disability.

Minor curvatures often go unnoticed and many cases may be mistakenly attributed to poor posture or activities such as playing video games hunched in awkward positions. A physical therapist will look for signs they've been specially trained to identify that include one side of the body appearing to be tilted or "higher" than the other. Girls are more likely to develop scoliosis than their male counterparts.

## Scoliosis Variables

There are three types of scoliosis. The first is infantile scoliosis that's found in children from birth to 3 years and the second is juvenile scoliosis that appears between ages 3 to 9. Adolescent scoliosis is the most common,



Refer a family member or a friend and receive a free 30 min. massage!

(Must be a previous patient)

## Patient Testimonial

Great experience and relief of symptoms. Liz E.

## Do you need physical therapy?

If you have any of the following conditions we can help!

*Tendonitis/ Bursitis*

*Sprain/ Strain*

*Jaw, Neck, or Back Pain*

*Tension Headache*

*Pelvic Pain/ Incontinence*

*Lymphedema*

*Trigger Points*

*Pre/ Post Surgical Protocols*

Most Insurances Accepted!

Happy Thanksgiving! We have moved to a new location. Our new address

accounting for approximately 80 percent of all cases. It typically appears between 10 and 18 years of age during the rapid growth that accompanies adolescence.



Congenital scoliosis is caused by a bone abnormality, while neuromuscular scoliosis is the result of a muscle or nerve condition and can accompany cerebral palsy and spina bifida. Degenerative scoliosis results from a traumatic injury or thinning of the bones. The most common type is idiopathic scoliosis that has no discernable cause.

The degree of curvature and whether or not it increases will determine the amount and types of physical therapy that will be needed. The rate of curvature may grow slowly, rapidly or stop and it's the primary reason that youngsters must be monitored so closely. It's never too early or too late to begin physical therapy and it can even be employed with infants.

There's no way to determine the degree of curvature that will occur or who will develop scoliosis. Treatment and management plans are customized to the individual, factoring in the degree of curvature, the child's age and when treatment commences.

is 7768 Williamson Rd,  
Roanoke, VA 24019. Very  
close to Hollins University.  
Please come by to see our  
new office and also let us  
know if you or a family  
member need some  
physical therapy!

We see WALK-INS so  
don't wait for a Physical  
Therapy appointment,  
when we can see you  
immediately.

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**Back to Basics Family Physical Therapy** PO Box 515 Cloverdale Virginia 24077 Phone: 540.985.0500

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