

THORACIC SPINE FOAM ROLLING

- Lie on the floor with a foam roller under you, across your mid-back.
- Gently roll up and down on the foam roller, massaging the muscles of your back and thoracic spine.

You can also try this with your arms extended over your head in the life extension position described above. Do this for at least 30 seconds to 1 minute.

HOW TO CHECK POSTURE

You can get a feel for what good posture feels like with this simple test:

- Stand against a wall with your head, shoulders, hips, and feet touching the wall.
- Now move your arms up and down against the wall 10 times.
- When you finish the exercise and walk away, your body should be properly aligned.

OTHER TREATMENTS

Exercise, combined with good posture and chiropractic care, may help improve your rounded upper back.

A 2019 review on the effects of exercise on kyphosis suggested that exercise may have positive effects on the angle of the thoracic kyphosis. It also suggested that both strengthening and stretching could be useful, though more research is needed to better understand the outcomes.

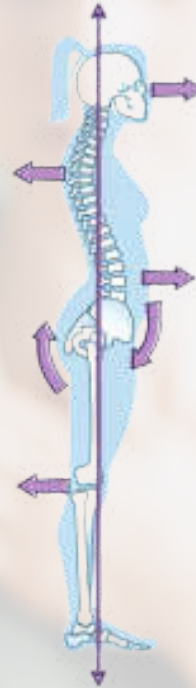
The following treatments may help relieve the symptoms of kyphosis:

- Medication can relieve pain, if necessary.
- Physical therapy can help build strength in the core and back muscles.
- Yoga may increase body awareness and build strength, flexibility, and range of motion.
- Losing excess weight can relieve extra burden on the spine.
- Wearing braces may help, especially in children and teens.
- Surgery may be needed in severe cases.

SUMMARY

By making small changes to care for your posture today and prevent kyphosis, you can reap the health benefits for years to come.

So, take a break from your phone and computer, practice good posture, and work toward a greater quality of life. Remember: Consistency is key when starting small changes to moving and stretching more.



Contact Us



01865 770 380



manager@minihealthhub.co.uk



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Danny Kavanagh

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PREHABILITATION
POSTURE CONDITIONS
KYPHOSIS

WHAT IS KYPHOSIS

Kyphosis, also known as round-back or hunchback, is a condition in which the spine in the upper back has an excessive curvature.

The upper back, or thoracic region of the spine, has a natural slight curve. The spine naturally curves in the neck, upper back, and lower back to help absorb shock and support the weight of the head. Kyphosis occurs when this natural arch is larger than normal.

If you have kyphosis, you may have a visible hump on your upper back. From the side, your upper back may be noticeably rounded or protruding.

In addition, people with kyphosis appear to be slouching and have noticeable rounding of the shoulders. Kyphosis can lead to excess pressure on the spine, causing pain.

CAUSES OF KYPHOSIS

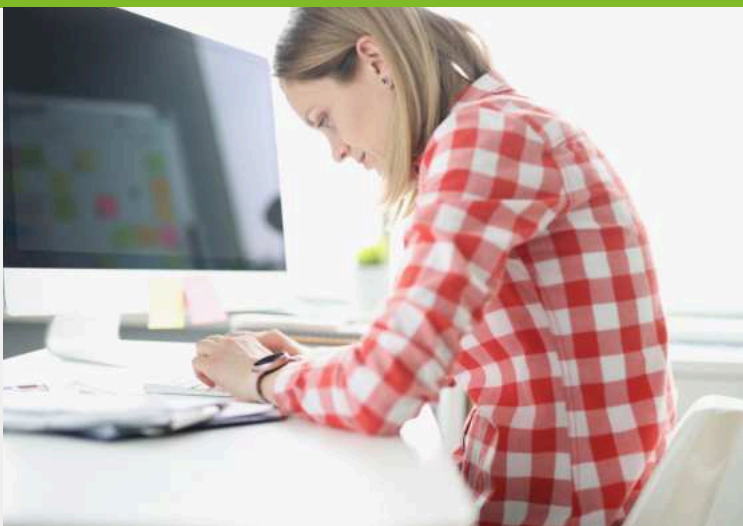
Kyphosis can affect people of any age. It rarely occurs in new-borns since poor posture is usually the cause. Kyphosis from poor posture is called postural kyphosis.

Other potential causes of kyphosis include:

- Aging, especially if you have poor posture.
- Muscle weakness in the upper back.
- Scheuermann's disease in children.
- Arthritis, Osteoporosis or other bone degeneration diseases.

The following conditions less commonly lead to kyphosis:

• Infection in the spine. • Birth defects, such as spina bifida. • Tumours. • Diseases of the connective tissues. • Polio.



SYMPTOMS / TYPES OF KYPHOSIS

Kyphosis is often associated with poor posture and bad movement patterns. He says that even short durations of bad posture can cause negative changes to your spine. As you spend time in a flexed (bent) position, your head begins to retain a forward position. This causes increased stress and weight on your spine and neck. The head should be directly over the body, creating a straight line from your shoulders to your ears.

Types of Kyphosis

Though kyphosis most often affects older people, it can affect anyone of any age. Here are the main types of kyphosis:

- **Postural kyphosis:** Typically caused by consistent poor posture or from weaker bones and fractures.
- **Congenital kyphosis:** This type occurs in babies when the spine develops incorrectly and can often be treated with surgery.
- **Nutritional or metabolic kyphosis:** Conditions that affect bone formation and density can contribute to metabolic kyphosis.
- **Scheuermann's kyphosis:** When Schmorl's nodes (a kind of spinal disc herniation) are seen alongside kyphosis, it's known as Scheuermann's kyphosis.

TREATING KYPHOSIS

For most people, kyphosis doesn't cause serious health problems. This is dependent on the cause of the kyphosis. For example, if poor posture is causing kyphosis, you may experience pain and breathing difficulties. You can treat kyphosis early by:

- Strengthening the muscles of the back.
- Seeing a physical therapist.

Your goal will be to improve your posture long term to decrease pain and other symptoms.

- **Scheuermann's disease.** A child may receive physical therapy, braces, or corrective surgery.
- **Tumours.** Typically, tumours are only removed if there's concern for spinal cord compression. If this is present, your surgeon may try to remove the tumour, but frequently this destabilizes the bone. In such cases, a spinal fusion is often also necessary.
- **Osteoporosis.** It's essential to treat bone deterioration to prevent kyphosis from worsening. Medications can great this.
- **Poor posture.** Posture exercises can help. You won't need aggressive treatments.

This leaflet will give you a few exercises to help with the condition.

EXERCISES: MIRROR IMAGE

For this exercise, simply do the opposite movement of the posture that you're trying to correct.

- Stand tall, against a wall if needed.
- Tuck chin slightly and bring head back directly over shoulders.
- Bring shoulder blades back and down. Hold for 30 seconds to 1 minute. Take a break if you begin to feel pain.

If it's challenging to get your head to touch the wall while maintaining a chin tuck position, put a pillow behind you and press your head into the pillow.

EXERCISES: HEAD RETRACTION

This exercise is done lying on the floor and is great for the muscles of the neck that are often stretched out and weak.

- Pull chin back toward floor, as if trying to make a double chin.
- Hold for 15 seconds. Repeat 5 to 10 times.

EXERCISES: SUPERMAN

The aim of this exercise is to strengthen the core and lower back.

- Lying on stomach, extend hands in front of head.
- Keeping head in a neutral position, looking toward floor, lift both arms and legs up toward the ceiling.
- Feel as if you're reaching far away from your body with hands and feet. Hold for 3 seconds and repeat 10 times.

EXERCISES: LIFE EXTENSION

The goal of this exercise is to stretch the tight muscles of the chest and strengthen the weak muscles of the back.

- Stand tall, knees soft, core engaged, chest upright, and shoulder blades back and down.
- Raise arms into a Y position with thumbs pointed behind you.
- Take 2 to 3 deep breaths, maintaining this posture on the exhale.