



FAQs

Q1. Define kyphosis and its common causes.

Ans: Kyphosis is a condition in which the spine in the upper back has an excessive curvature.

Common causes of kyphosis are:

- aging, especially if patient have poor posture
- muscle weakness in the upper back
- Scheuermann's disease, which occurs in children and has no known cause
- arthritis or other bone degeneration diseases
- osteoporosis, the loss of bone strength due to age
- injury to the spine
- slipped discs

Q2. What are the symptoms of kyphosis and explain the exercises for the management of kyphosis?

Ans: Weak or tight muscles in the chest and back are common symptoms of kyphosis.

The exercises for the management of kyphosis are:

1. One should stand with one side against the wall, the arm up and palm flat against the wall, then turn to face away from the upturned arm. It must be done for both sides.
2. For the back, one should try a hanging lat stretch. Find a pull-up bar, grab it with an overhand grip, relax and hang from the bar. Perform each stretch for 30 seconds

Q3. Define scoliosis. Which are the common regions scoliosis can occur?

Ans: Scoliosis is a condition that causes the spine to curve to the side. It can affect any part of the spine, but the most common regions are the chest area (thoracic scoliosis) and the lower section of the back (lumbar scoliosis).

Q4. Explain three causes of scoliosis.

Ans: The three causes of scoliosis are :

- Neuromuscular conditions - these affect the nerves and muscles and include cerebral palsy and muscular dystrophy.
- Congenital scoliosis (present at birth) - this is rare and occurs because the bones in the spine developed abnormally when the foetus was growing inside the mother.
- Genes - at least one gene is thought to be involved in scoliosis.

Q5. Explain the role of bracing in the management of scoliosis.

Ans: If the patient has moderate scoliosis and the bones are still growing, a brace is recommended. This will prevent further curvature, but will not cure or reverse it. Braces are usually worn all the time, even at night. The more hours per day the patient wears the brace, the more effective it tends to be. When the bones stop growing, braces are no longer used

Q6. Explain the symptoms of lordosis.

Ans: The symptoms of lordosis are:

- Low back pain and Pain may radiate down the legs.
- Changes in bowel and bladder, although this is rare.
- If patient has other problems along with lordosis, then the patient may experience developmental dysplasia of the hip, dystrophy of the muscles or neuromuscular problem

Q7. Mention the exercises for the management of lordosis.

Ans: Exercises of lordosis are:

1. Hip Flexor Stretch
2. Lower Back Stretch
3. Abdominal Crunch
4. Twisting Crunch
5. Bridge

Q8. What are the causes of knock knee?

Ans: Causes of knock knee are:

- 1) Knock knees are usually part of the normal growth and development of the lower extremities.
- 2) Some cases, especially in a child who's 6 or older, may be a sign of an underlying bone disease, such as osteomalacia or rickets.
- 3) Obesity can contribute to knock knees .
- 4) The condition can occasionally result from an injury to the growth area of the shin bone (tibia), which may result in just one knocked knee

Q9. Name five causes of bow leg.

Ans: Five causes of bow leg are:

- Osteofibrous dysplasia
- Osteomalacia
- Osteoarthritis
- Kyphomelic dysplasia
- Achondroplasia

Q10. What are the common causes of flat feet?

Ans: The common causes of flat feet are:

1. Tarsal coalition: This is a condition that develops during early childhood wherein an abnormal fusing of some foot bones makes the foot stiffer and quite flat.
2. Tibialis posterior or tendon dysfunction: In this condition a large ankle tendon can degenerate causing it to stretch and cease working correctly
3. Overweight: Excessive laxity in the joints due to sudden weight gain could also be a possible cause
4. Arthritis: Especially if it occurs in the back or middle of the foot, it could be really painful.