New Research Confirms That Bracing Due to Early Detection Can Avoid Painful Surgery

Scoliosis is an abnormal curvature of the spine, and it has no known cause (idiopathic). The medical community has learned much over the past few years regarding the importance of early detection.

A major Level 1 NIH-funded study published in a September 2013 edition of the *New England Journal of Medicine* provided the most compelling evidence to date regarding the importance of early detection and the efficacy of brace treatment in adolescent idiopathic scoliosis. It showed that bracing significantly decreases the progression of high-risk curves to the threshold of surgery, and that the benefits of bracing increases with longer hours of brace wear. [Weinstein, et al, NEJM-2013]

Researchers at Texas Scottish Rite Hospital for Children in Dallas recently conducted two award-winning studies that show brace treatment is effective in preventing the need for surgery, and that patients who use a monitor to document brace-wear patterns, and who are counseled accordingly, are significantly more likely to be successfully treated. [“Brace Treatment Controls Progression in Adolescent Idiopathic Scoliosis” (Katz, et al, JBJS-2010), and “Effect of Compliance Counseling on Brace Use and Success in Patients with Adolescent Idiopathic Scoliosis” (Karol, et al, JBJS-2016)]

As a result of these groundbreaking studies, organizations that represent scoliosis experts - such as the Scoliosis Research Society and the Pediatric Orthopaedic Society of North America - are recommending that children be screened for early detection.