

Mayo Clinic Minute: Help with kyphosis, or roundback

VIDEO	AUDIO
	The bones of a healthy back look like cylinders stacked in a column. When kyphosis occurs, the vertebrae in the spine become more wedge shaped.
Jamal McClendon Jr., M.D. Neurosurgery Mayo Clinic	"Kyphosis is a condition where, when you look at a patient in a profile view, they have an abnormal curvature to their spine. It can be caused from a number of different reasons."
	Mayo Clinic's Dr. Jamal (jah-MELL) McClendon says there are rare occasions where kyphosis happens naturally due to other medical conditions. But the most common cause is from a prior procedure or operation ...
Dr. McClendon	"... which changes the overall architecture of the musculature."
	Most often, kyphosis can be treated with physical therapy, stretching and strengthening exercises, and bracing. But there are instances when a spinal fusion operation is needed.
Dr. McClendon	"Very similar to scoliosis, the majority of treatment is mostly nonsurgical. Again, if patients have very unrelenting pain or if they start to develop neurologic changes, that's one of the indications to proceed with an operation. But it's very uncommon for us to need to operate."
	For the Mayo Clinic News Network, I'm Jason Howland.