Postural Deformities

Postural deformities are the exaggerated curvature of the spine. The spine is naturally curved but various factors may give rise to the following deformities:

**Kyphosis**
This is when there is an outward curvature of the spine (in the sagittal plane) causing the person to have a hunchback.

![Kyphotic spine vs Normal spine](image)

**Fig.1 Kyphosis.**

**Lordosis**
This is when there is an inward curvature of the spine (in the sagittal plane) causing the person's belly to protrude.
Fig. 2 Lordosis.

Scoliosis
This is when there is an s-shaped exaggeration of the spine (in the coronal plane).
Fig.3 Scoliosis.

Factors contributing to postural deformities:

- Congenital - the deformity was present at birth
- Environmental - physical stress on the spine as a result of every day activity
- Traumatic - injury or trauma from surgery