

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.

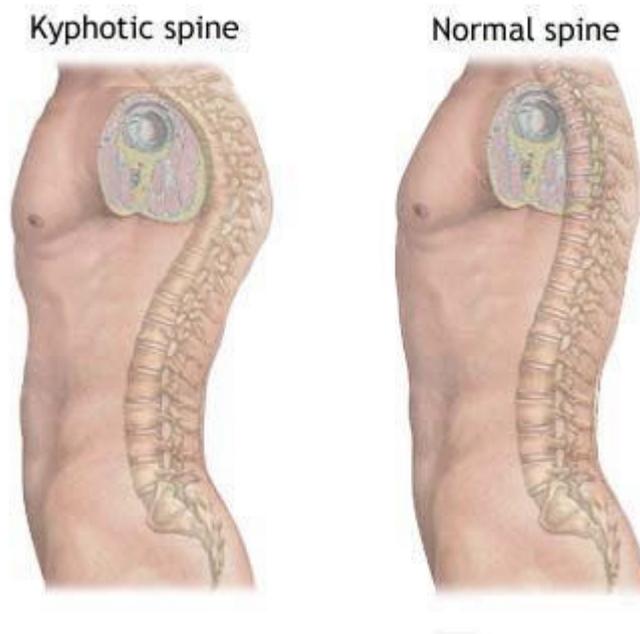


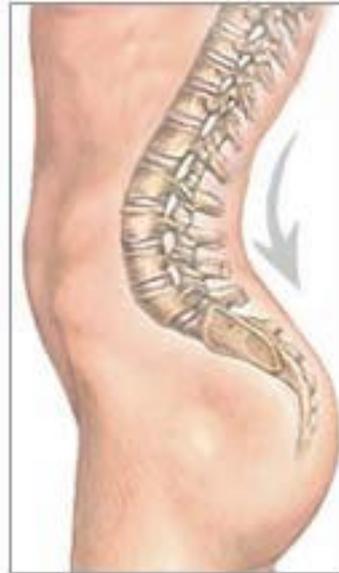
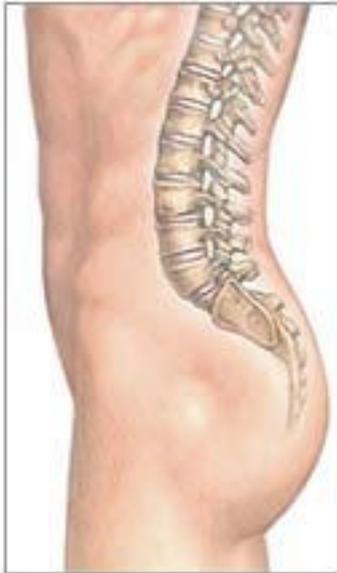
Fig.1 Kyphosis.

Lordosis

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

Normal spine

Lordosis of the spine



Exaggerated
lumbar
curve

Fig.2 Lordosis.

Scoliosis

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

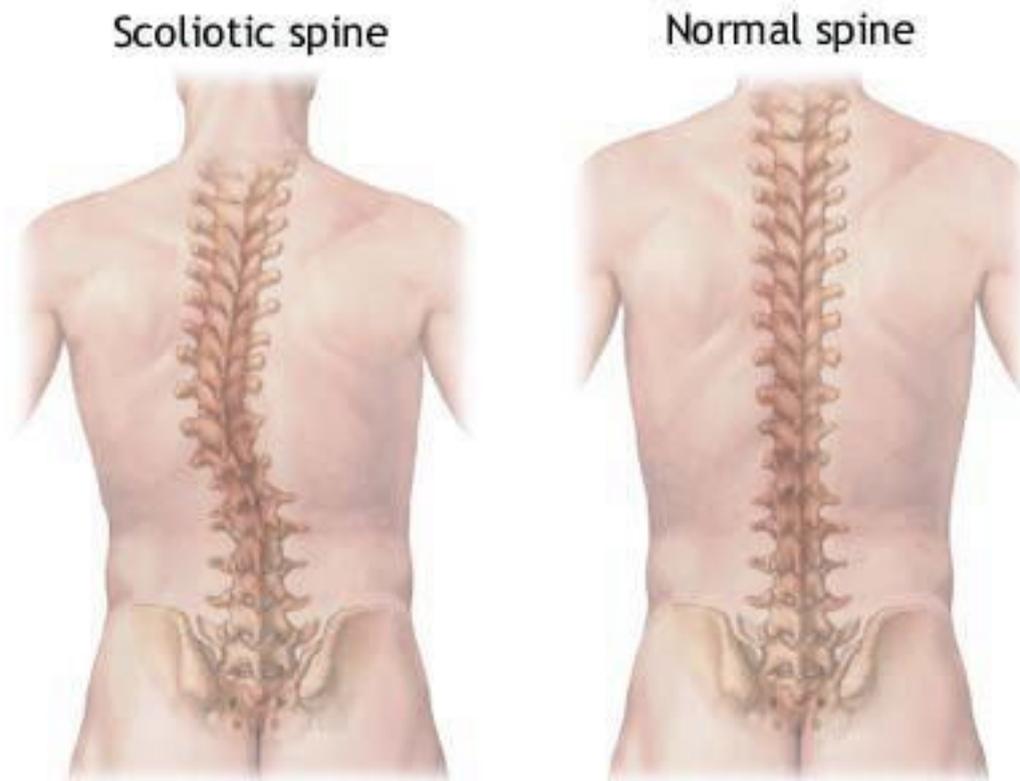


Fig.3 Scoliosis.

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**