

2<sup>nd</sup> International Conference and Expo on

# Novel Physiotherapies

June 09-11, 2016 London, UK

## Biomechanical etiology of the so - called idiopathic scoliosis- Observation from the years (1984)/1995 – 2009: Three groups and four types of spine deformity in new classification

**Tomasz Karski**

Vincent Pol University in Lublin, Poland

**Introduction:** The lecture describes the biomechanical etiology of the so-called idiopathic scoliosis (1995 – 2007), known as an adolescent idiopathic scoliosis (AIS). The first lecture dealing with the issue was delivered in Hungary in 1995. The first publication was made in Germany in 1996 (Orthopädische Praxis).

**Biomechanical Development of Scoliosis:** Scoliosis appears as the secondary deformity originating in the asymmetry of hips' movement while walking and while standing 'at ease' on the right leg (asymmetry of time left versus right leg). The research proves that the right leg is preferred for standing over the years. Every type of scoliosis starts to develop at the time when the child starts to stand and walk.

**Material:** In the years between 1985 and 2015, 1950 children with scoliosis were examined and 360 children constituted the control group. The children from the control group were presented by parents as ones with the problem of scoliosis but there were without any visible spine deformity.

**Classification:** There are 3 groups and 4 types of scoliosis: "S" double scoliosis with stiff spine (3D - I epg), connected with gait and standing 'at ease' on the right leg; "C" and "S" scoliosis with flexible spine (II/A - 1D & II/B - 2D epg), connected only with standing 'at ease' on the right leg in "C" II/A epg and with additionally of laxity of joints and / or harmful previous exercises in "S" II/B epg; and "I" scoliosis (III epg - 2D) with stiff spine and scoliosis without curves or with minimal ones, connected with gait only.

**The Necessity of Causal Prophylaxis:** The new classification clarifies the need for therapeutic approach to each etiopathological group of scoliosis and provides the possibility to introduce causative prophylaxis.

### Biography

Tomasz Karski MD PhD studied at Medical University in Lublin has completed his Medical Doctor degree and PhD. He served as a Head of Chair and Department of Pediatric Orthopedics and Rehabilitation of Medical University in Lublin/Poland. He is a Member of Polish Orthopedic and Traumatology Association, *Société Internationale de Chirurgie Orthopédique et de Traumatologie* (SICOT) from 2002 and also honorary member of Hungarian, Slovak and Czech Orthopedic and Traumatology Association. His research lies in orthopedics: spine, hips, knee, feet, CP and others. He has published 479 articles and 5 books.

[t.karski@neostrada.pl](mailto:t.karski@neostrada.pl)

### Notes: