

An introduction to

Adult degenerative scoliosis

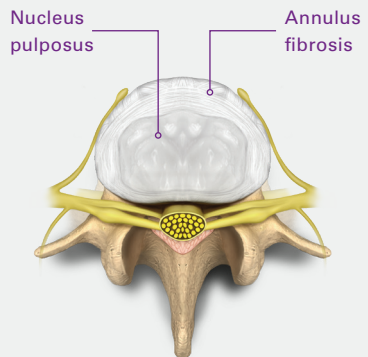
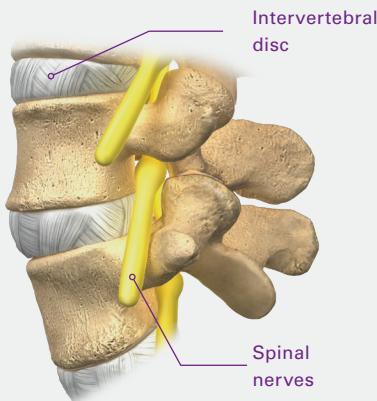
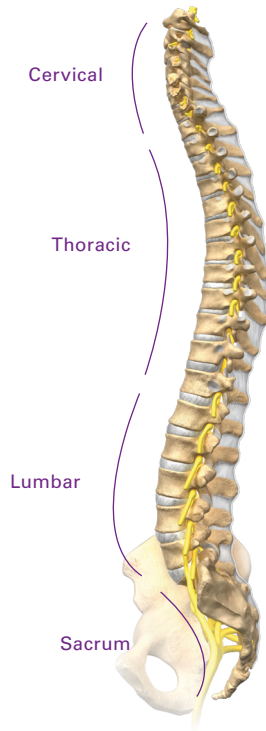
This booklet provides general information on adult degenerative scoliosis. It is not meant to replace any personal conversations that you might wish to have with your physician or other member of your healthcare team. Not all the information here will apply to your individual treatment or its outcome.



About the spine

The human spine is made up of 24 bones or vertebrae in the cervical (neck) spine, the thoracic (chest) spine, and the lumbar (lower back) spine, plus the sacral bones.

Vertebrae are connected by several joints, which allow you to bend, twist, and carry loads. The main joint between two vertebrae is called an intervertebral disc. The disc is made of two parts, a tough and fibrous outer layer (annulus fibrosis) and a soft, gelatinous center (nucleus pulposus). These two parts work in conjunction to allow the spine to move, and also provide shock absorption.

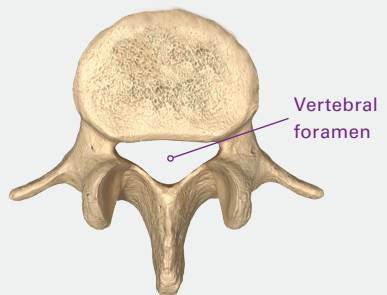
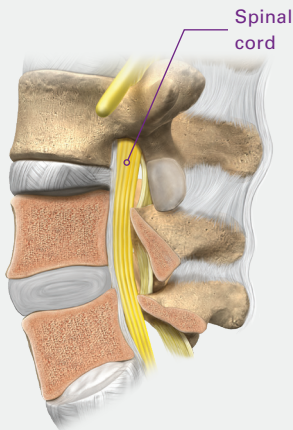
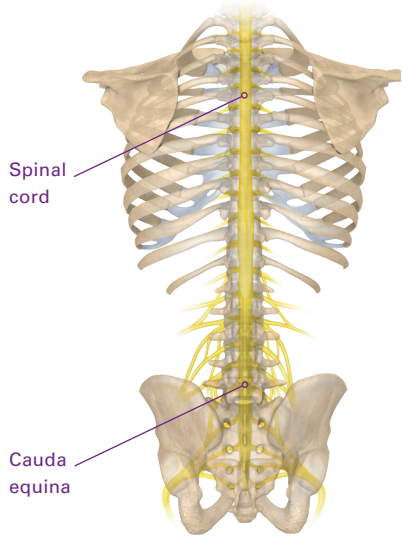


About the spinal cord and cauda equina

Each vertebra has an opening (vertebral foramen) through which a tubular nervous structure travels. Beginning at the base of the brain to the upper lumbar spine, this structure is called the spinal cord.

Below the spinal cord, in the lumbar spine, the nerves that exit the spinal cord continue to travel through the vertebral foramen as a bundle known as the cauda equina.

At each level of the spine, spinal nerves exit the bony spine then extend throughout the body.



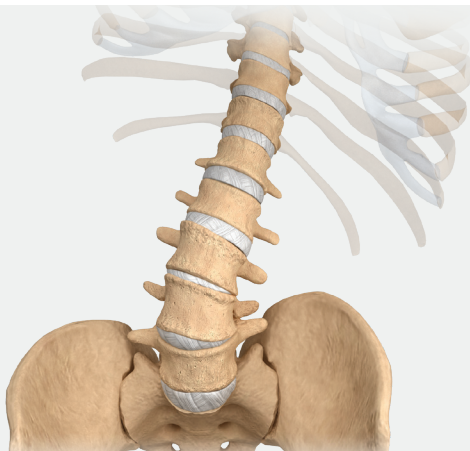
What is adult degenerative scoliosis?

Adult degenerative scoliosis is a condition where a right, left, or lateral curve develops in a previously straight spine secondary to advanced degenerative disc disease. This curvature occurs as a result of deterioration or degeneration of the joints and intervertebral discs in the spine. As the joints degenerate, they create a misalignment in the back which results in a bend or curvature.

What can cause adult degenerative scoliosis?

Adult degenerative scoliosis is a result of advanced degenerative disc disease (DDD) which is defined as the wear and tear of intervertebral discs. This wear and tear may result from normal aging, or may be due to longstanding trauma. DDD typically begins with a decrease in the water content of the nucleus pulposus which can lead to tears in the annulus fibrosus.

With advanced DDD, the loss of disc height can lead to segmental instability resulting in asymmetric disc height loss, causing degenerative scoliosis.



What are symptoms of adult degenerative scoliosis?

Misalignment of the spine can cause an increased pressure on the spinal cord, cauda equina, and spinal nerves, which can lead to:

- Back pain and/or stiffness
- Leg pain, numbness, tingling, or weakness

What are treatment options?

If adult degenerative scoliosis is established as your diagnosis, your doctor may recommend one or more of the following treatments based on your individual condition:

- Physical therapy and strengthening exercises
- Rest and a restriction of physical activity
- Injections (corticosteroids) to help reduce the pain and swelling
- Medications and analgesics to reduce pain and swelling (typical medications include non-steroidal anti-inflammatory drugs, or NSAIDs)
- Back brace to help control pain (though it will not correct the deformity)

Surgical solutions

If your symptoms do not improve with other methods, your physician may suggest spinal surgery. Surgical solutions for advanced degenerative disc disease with resultant adult degenerative scoliosis may include the following:

- Posterior Lumbar Interbody Fusion (PLIF)
- NuVasive® Maximum Access Surgery (MAS®) PLIF
- Transforaminal Lumbar Interbody (TLIF)
- NuVasive MAS TLIF
- NuVasive eXtreme Lateral Interbody Fusion (XLIF®)

Notes

Resources

For more information about spine surgery, please visit:

nuvasive.com

If you would like to learn more about patient support and education for chronic back, leg, and neck pain sufferers and their loved ones, please visit:

thebetterwayback.org

If you have any questions about adult degenerative scoliosis or spine surgery, please call or visit your physician, who is the only one qualified to diagnose and treat your spinal condition. This patient information brochure is not a replacement for professional medical advice.

About **The Better Way Back**[®]

The Better Way Back is a nationwide patient support program created by NuVasive[®], a leader in developing minimally invasive, procedurally-integrated spine solutions. The Better Way Back is a free community built on the power of empathy, and is dedicated to providing hope, support, and information to individuals suffering from chronic back, leg, or neck pain.

Through its Patient Ambassador Program, The Better Way Back pairs patients considering spine surgery with patients who have previously undergone a spine procedure. Ambassadors volunteer their time to discuss their experiences in order to provide additional, first-hand perspectives.

To learn more about The Better Way Back, please



call **1-800-745-7099**



visit **thebetterwayback.org**



text "TBWB" to **858-360-8292**

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