E-Poster

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Degenerative Scoliosis in Elderly Female Patients: Clinical and Radiological Profiles

Topic: Specific Target Groups (Children, Women, Elderly, Athletes, Musicians, Refugees, Ethnic Groups, Workers, and Others)

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BACKGROUND

Degenerative scoliosis is common among older women and can be de novo or a continuation of adolescent idiopathic scoliosis. This study aims to describe the clinical and radiological profiles of elderly female patients followed for degenerative scoliosis in physical medicine and rehabilitation (PMR).

METHODS

This descriptive and retrospective study was conducted from March 2023 to March 2024, including patients aged 65 and over followed for degenerative scoliosis in the PMR department B of the Mohamed Kassab Institute of Orthopedics, Tunisia. The parameters studied included age, medical history, pain intensity measured by Visual Analog Scale (VAS), spinal balance (frontal and sagittal plane), Schöber index, as well as the location and Cobb angle on radiographs.

RESULTS

Thirty-five patients, with a mean age of 70.1 years, were included. Ten suffered from osteoporosis, including 4 with fragility fractures, and 17 had metabolic syndrome. Eighteen patients consulted for lumboradiculalgia, 17 for isolated back pain, with an average pain of 8/10 on exertion (VAS).

On examination, all presented with postural syndrome with frontal imbalance and, in 17 patients, sagittal imbalance. The average gibbosity was 25 mm. Spinal syndrome was noted in 13 patients, with an average Schöber index of 1.7 cm. Scoliosis was predominantly right lumbar, with an average Cobb angle of 32°.

CONCLUSION

Degenerative scoliosis in elderly female patients is mainly right lumbar and can lead to spinal deficiencies. Its multidisciplinary management, combining physiotherapy and conservative treatments, is crucial. However, the small sample size and the monocentric aspect of the study limit the generalizability of the results. Larger studies are needed.

Statement of Disclosures

None

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