



Progressive Spine Sheds Light On Adult Scoliosis Treatments

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Englewood, New Jersey-based Progressive Spine and Orthopaedics - Englewood, a chiropractic clinic led by Dr. Joshua S. Rovner, is reaching out to the community to share information on adult scoliosis and how it is treated.

Dr. Rovner states, "Scoliosis is an abnormal side-to-side curvature of the spine, most commonly diagnosed in children and adolescents ? and very rarely found in adults ? who develop the condition over their life. The simple rarity of this condition among adults makes it so that there are many misconceptions and a general feeling of uncertainty regarding it, despite it being a perfectly treatable condition. This is why we believe that being more informed on the subject can go a long way, as awareness of the condition and its symptoms can help you in more ways than you may initially realize."

Scoliosis is a natural condition caused by the aging process. As bones and their surrounding connective tissues weaken and break down around the spine, the stack of vertebral bones (vertebral column) can take on an abnormal curve. This abnormal curvature of the spine is named scoliosis, and it affects 3% of the adult population in the United States. When scoliosis strikes in adulthood, it usually presents itself along with

several other degenerative diseases that are commonly associated with this condition, including spinal stenosis, spondylolisthesis, degenerative disc disease, osteoporosis and compression fractures of the vertebrae.

One of the first symptoms that people who suffer from scoliosis experience is a gradual, easily noticeable change in their posture. Over time, they may begin to notice their body leaning to the side when carrying weight, rather than staying vertical, though they may also notice one shoulder naturally standing higher than the other as one of the earliest signs of the condition. As the degeneration progresses, scoliosis may interfere with the person's balance and may also influence the way the patient walks. Not surprisingly, adult degenerative scoliosis can cause significant back pain. Other symptoms of the condition include spinal rigidity and stiffness, loss of sensation in the extremities, fatigued muscles and even respiratory and cardiac issues in severe cases.

"These symptoms are nothing that you can easily ignore, and given that your condition is only going to get worse, you should make it your top priority to seek professional treatment after being diagnosed with scoliosis," states Dr. Rovner. Chiropractic clinics like Progressive Spine & Orthopaedics specialize in the diagnosis and treatment of adult degenerative scoliosis and other forms of adult-onset scoliosis. These practices build unique, custom-tailored treatment plans to help their patients recover from their condition.

Dr. Rovner says, "When it comes to chiropractic care, there is no single treatment that suits every patient. We consider each patient's situation and circumstances on a case-by-case basis, building a plan that fits their lifestyle and that they can stick to without affecting their daily lives too much. There are several options when it comes to treating scoliosis, and we are here to help you through the process of choosing, starting and finishing the treatment that suits you best."

While most scoliosis patients are treated with surgery, this may not always be the right treatment for adult degenerative scoliosis. Different treatments may include pain medication and management, physical therapy and back braces as viable options. Only when facing severe adult scoliosis, such as a condition that interferes with breathing or normal daily activities, may the chiropractic advise a surgical solution. This is often seen as the least convenient alternative due to the time it can take to recover from the procedure.

Progressive Spine and Orthopaedics chiropractic clinic is one of the most prestigious chiropractic care clinics in New Jersey, boasting a pristine record of satisfied patients to underscore their expertise. The clinic has shown an outstanding commitment towards helping their patients, and they go out of their way on a daily basis to help, advise and educate the community on the ins and outs of chiropractic care.

The clinic's website offers more details about Joshua S. Rovner, MD's Progressive Spine and their chiropractic services. Interested parties may reach out to Dr. Rovner to follow up on any inquiries as well. They may also connect with the clinic through their official Facebook page where they share all kinds of useful content.

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Dr. Rovner is board-certified by the American Board of Orthopedic Surgeons to practice in New York and New Jersey. He is an expert at Robotic Spine Surgery which "makes Spinal Surgery safer, more precise and less invasive".

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