



**RAMA
UNIVERSITY**

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FACULTY OF NURSING

KYPHOSIS

Tushar Noel
Nursing Tutor
R.C.N

Definition-

Kyphosis is a curving of the spine that causes a bowing or rounding of the back, which leads to a hunchback or slouching posture.

Types-

1. Postural Kyphosis- it is a most common type of Kyphosis. This is more common in girls than boys.
2. Scheuermann's Kyphosis- it is also noticed in adolescents. This type of Kyphosis is the result of structural deformities of vertebrae.
3. Congenital Kyphosis- is the least common type of abnormal Kyphosis. This caused by an abnormal development of the vertebrae prior to birth. It occurs fusion of many vertebrae together.

LORDOSIS

Definition-

A normal spine, when viewed from behind appears straight. Lordosis is a medical term used to describe an

inward curvature of a portion of the lumbar and cervical vertebral column.

A major factors of Lordosis is anterior pelvic tilt, the pelvis tips forward when resting on top of the femurs.

SCOLIOSIS

Definition-

scoliosis is the lateral curvature of the spine. As the spine curves, the vertebrae rotate, pulling the ribs along. Generally a sideways curve greater than 10 degree is considered scoliosis.