

**SNS COLLEGE OF PHYSIOTHERAPY  
COIMBATORE-35**

**COURSE: BPT**

**SUBJECT: CLINICAL ORTHOPAEDICS**

**TOPIC: LORDOSIS**

**UNIT: V**

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# LORDOSIS

## DEFINITION

- A normal spine when viewed from behind appears straight.
- Lordosis is the exaggeration of the anterior curve of the spine.
- Common site for the lordosis are the cervical & lumbar spine.

# CAUSES

- Common causes of lumbar lordosis are :
- Achondroplasia
- Congenital or acquired spinal deformities like Spondylolisthesis
- Osteoporosis
- Obesity with protruding abdomen
- Kyphosis
- Discitis
- Hip flexion contractures due to the disorders of the hip

## Causes Contd...

- Positional or habitual tightness of the hip flexors due to the paralysis of abdominals or the flexors of the spine.
- Due to habitual posture.

# SIGNS AND SYMPTOMS

- Appearing sway back , with the buttocks being more pronounced.
- Having a large gap between the lower back and the floor when lying on the back on a hard surface that does not change while bending forward.
- Backpain and discomfort. E.g. :- sciatica
- Problems moving certain ways.

# COMPLICATIONS

- Lumbar disc herniation
- Disc degeneration
- Sciatica
- Difficulty moving or pain felt while sitting due to inflammation of the lower back or injury caused by improper alignment.

## Complications Contd...

- Cervical lordosis :
- In a normal & healthy spine, the cervical lordosis appears like a very broad C , the C actually points towards the side of the neck, when it straightens out or faces in the wrong direction or becomes deeper in a strange condition known as kyphosis.



## DIAGNOSTIC EVALUATION

- X- rays : done to measure and evaluate the curve.
- Bone scans : to evaluate degenerative or arthritic changes or presence of tumors .
- MRI : to rule out associated problems .
- CT scan

# TREATMENT

- In general , treatment is determined based on the severity and type of spinal curvature disorder.
- Mild spinal curvature may occur with postural kyphosis.
- More severe spinal curvature may require the use of a back brace or surgery.

THANK YOU...