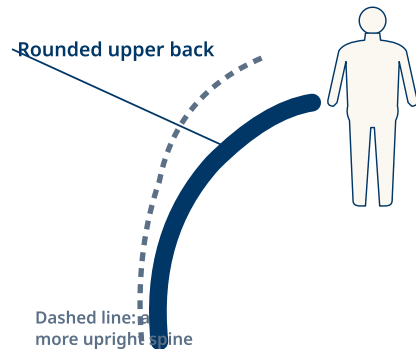


Kyphosis

What it is

Kyphosis is a forward rounding of the upper back. It can come from posture, thin bones that break, or wear over time. Some people have pain or trouble standing up straight.



Common symptoms

- Rounded upper back or stooped posture
- Back pain or stiffness
- Fatigue in the back and legs
- Rarely, breathing difficulty or nerve symptoms in severe curves

Self-care tips

- Prevent falls: clear clutter, use night lights and add grab bars.
- Ask us about calcium, vitamin D and bone medicines.
- Weight-bearing activity, like walking, may help keep bones strong.
- Avoid heavy lifting and deep bending forward.

What to expect at GSMC

At your visit: A spine specialist asks about your symptoms and checks your strength, feeling and walking.

Tests: You may need X-rays, an MRI or a CT scan.

Your plan: Many people start with care that does not involve surgery. Surgery is discussed only if it may help.

When to call us

- Pain that keeps getting worse, or does not get better with care
- New numbness, tingling or weakness in an arm or leg
- Pain with fever, chills or weight loss you cannot explain
- Pain that keeps you from sleeping or doing daily tasks

Call 911 or go to the emergency room for loss of bladder or bowel control, numbness in the groin or inner thighs, or sudden leg weakness.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/services/spine/conditions/kyphosis/



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This handout is general information and is not a substitute for medical advice.