

BÖLÜM 21



Omurga ve Üst Ekstremitte Kas İskelet Sorunu Olan Çocuk ve Aile Merkezli Bakım

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1. SKOLYOZ

Skolyoz, adölesanlarda daha sık gelişmekte olan ve sonraki evrelerde ciddi postüral bozukluklara neden olan üç boyutlu bir omurga deformitesidir. Vertebraların frontal düzlem sagittal eksenindeki lateral fleksiyonu; horizontal düzlem, vertikal eksenindeki rotasyonu ile karakterize bir deformitedir (1). Skolyoz, yapısal ve fonksiyonel olarak ikiye ayrılır. Fonksiyonel skolyozda, spinal eğrilik omurga dışı sebeplere bağlıdır. Genellikle postural alışkanlıklara, bacak uzunluk farklılıklarına, kalça eklem kontraktürlerine bağlı ortaya çıkan asimetri vardır. Bireylerde asimetrinin sebebi bulunup ortadan kaldırıldığında fark edilemez hale gelebilmektedir. Yapısal skolyoz ilerleyicidir, kısa sürede düzelmez ve eğrilikler genelde kalıcıdır. Yapısal skolyoz kendi içinde farklı gruplara ayrılmıştır. Bunlar; idiyopatik, nöromüsküler, konjenital, travmalar sonucunda oluşan skolyozlardır (2).

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