

Scoliosis PSP			
THE TOP 27 QUESTIONS IN ORDER OF PRIORITY AS AGREED AT THE FINAL WORKSHOP. (For all remaining questions in other categories please see later in this worksheet).			
C = Charity administration, H = health professional, P = person with scoliosis, R= relative/ friend			
Qn. No.	Original questions received via the PSP survey	Category of survey respondent	Previous related research studies
1. What are the best strategies for reducing or preventing the curve from getting worse, combining treatment and self-management approaches to avoid the need for surgery?	Does the schroth method reduce the cobb angle of patients over 45 degrees?	C	Williams MA, Heine PJ, Williamson EM, Toye F, Dritsaki M, Petrou S, Crossman R, Lall R, Barker KL, Fairbank J, Harding I, Gardner A, Slowther AM, Coulson N, Lamb SE. Active Treatment for Idiopathic Adolescent Scoliosis (ACTivATeS): a feasibility study. Health Technology Assessment 2015; 19(55)
	Does adult bracing reduce curvature of the spine in adults?	C	Marco Monticone et al. 2016 Adults with idiopathic scoliosis improve disability after motor and cognitive rehabilitation: results of a randomised controlled trial European Spine Journal, Volume 25, Issue 10, pp 3120–3129.
	What are the effects of spinal bracing for adolescent idiopathic scoliosis in preventing surgery?	H	Josette Bettany-Saltikov, Hans-Rudolf Weiss, Nachiappan Chockalingam, Razvan Taranu, Shreya Srinivas, Julie Hogg, Victoria Whittaker, Raman V Kalyan & Tracey Arnell. (2015) Surgical versus non-surgical interventions in people with adolescent idiopathic scoliosis. Cochrane Back and Neck Group, The Cochrane Library.
	What is the evidence base for non surgical interventions?	H	Romano M, Minozzi S, Zaina F, Bettany-Saltikov J, Chockalingam N, Kotwicki T, Maier-Hennes A, Negrini S. Exercises for adolescent idiopathic scoliosis, a Cochrane systematic review. Spine 2013; 38(14): E883-E893
	There is evidence to show that yoga can help back pain - can it also help back pain and posture in scoliosis patients?	H	Harvey A, Baker L, Williams K. Non-surgical prevention and management of scoliosis for children with Duchenne muscular dystrophy: what is the evidence? Journal of Paediatrics and Child Health 2014; 50(10): E3-E9
	Can lycra scoliosis suits save the NHS money and provide an alternative to surgery?	H	
	Is there a potential for altering the physiology to prevent progression without surgery or bracing?	H	
	Is physiotherapy effective in reducing the size of the scoliotic curve?	H	
	how effective is a spinal brace on preventing a scoliosis progression into adult life?	H	
	In patients (children and young adults) with neuro scoliosis are spinal braces effective in preventing or delay deterioration	H	
	How can patients, carers and health professionals reduce the development of scoliosis?	H	
	How can equipment help in the management of scoliosis, and how can we show this to commissioners?	H	
	How effective is bracing in slowing progression of scoliosis	H	
	How important is the role of exercise in the management of scoliosis? What are the most important exercises for scoliosis, including both conservative and surgical management?	H	
	Is physiotherapy effective in the management or prevention of deterioration of an idiopathic scoliosis?	H	
	Can the right advice, postural management and exercise prevent progression of a scoliosis?	H	
	In idiopathic scoliosis what is the effectiveness of schroth exercises vs stretches vs monitoring in curves of 10-25 degrees?	H	
	Is a spinal brace effective in preventing further deterioration	H	
	What is the best treatment to prevent worsening of a scoliosis?	H	
	Does physiotherapy make any difference to preventing or slowing progression of a scoliosis.	H	
	What's best to brace and risk weakening of trunk muscles or to not brace and risk faster progression of scoliosis. Whose decision should this be.	H	
	How often should children perform physiotherapy exercises for idiopathic scoliosis to achieve the optimum outcome?	H	
	In terms of clinical effectiveness what is viewed as being the evidence base for physiotherapy interventions in preventing a scoliosis or the development of a scoliosis?	H	

	Are the use of orthotics such as spinal jackets deemed effective in stopping the progression of a scoliosis?	H	
	Does spinal bracing have an impact on maintaining spinal curvature or halting progression / delaying deterioration of spinal curvature in children and young people with CP (again GMFCS levels IV and V)?	H	
	In children with neuromuscular disorders who never achieve functional ambulation, does handedness and the siting of wheelchair controls, affect the development or progression of scoliosis?	H	
	Can physiotherapy exercises influence pain and functional outcome in adolescent idiopathic scoliosis management ?	H	
	How effective is the use of a Lycra suit in preventing severe scoliosis in children with cerebral palsy?	H	
	How effective are conservative interventions in preventing progression of neuromuscular scoliosis?	H	
	Does proactive dynamic lycra splinting with boning prevent or delay progression of scoliosis and is this an acceptable, well tolerated intervention for children, young people, their parent carers and other carers?	H	
	There is a need for earlier intervention which can be less invasive and more compliant.Why are these options not presented to the patients or even offered.	H	
	In patients with scoliosis does early use of Orthosis (bracing) help reduce progression of the condition?	H	
	Do conservative measures such as bracing and exercise prevent curve progression and need for surgery in idiopathic scoliosis?	H	
	Do conservative measures such as bracing and exercise prevent curve progression and need for surgery in idiopathic scoliosis?	H	
	Does bracing help control scoliosis long term	H	
	Is there any use in bracing to reduce progression in these patients?	H	
	can it be treated by non surgical means	H	
	Is physiotherapy an effective treatment for scoliosis, especially idiopathic scoliosis?	H	
	Will a rigid TLSO slow down the progression of scoliosis in neuromuscular conditions?	H	
	What is the most effective conservative management of scoliosis	H	
	Does use on standing frames delay neuromuscular scoliosis	H	
	can physiotherapy and exercises halt the progression of scoliosis	H	
	Can scoliosis progression be reduced by exercise treatment	H	
	Can dynamic elastomeric fabric orthoses if started early, slow down the progression of scoliosis as it will still enable the child / young person to move whilst offering postural support.	H	
	Does pilates have any benefit in the management of idiopathic scoliosis?	H	
	Is bracing effective in reducing progression of neurological scoliosis?	H	
	Is it possible to reverse early onset scoliosis and if so, what degree of scoliosis is reversible.	H	
	Does bracing reduce the risk of curve progression in AIS?	H	
	Are corrective spinal jackets effective in slowing the progression of scoliosis in neuromuscular patients?	H	
	Can intensive physiotherapy reduce and prevent progression of scoliosis in curves under 30 degrees?	H	
	Are scoliosis-specific exercises effective in limiting or reducing the active progression of patients with small and medium curves with AIS	H	
	In children with neurodisability, is there a role for hydrotherapy/physiotherapy/massage/chiropractice in the delay of onset and worsening of scoliosis?	HR	
	Does regular activity and sporting activity in particular aid scoliosis, or at least stop progression if actively targeted towards scoliosis?	P	
	Is there anyway that adults with idiopathic scoliosis, who didn't have surgery in childhood, can lessen the worsening of their curves?	P	

	What is the impact of physio and alternative medicine treatment on prevention and symptoms management of scoliosis?	P	
	is a greater range of treatment options available now and perhaps surgeries can be more often avoided	P	
	If mild scoliosis is diagnosed can early care and exercises prevent the conditioning from needing surgery?	P	
	Will there be any other way to treat scoliosis apart from the invasive surgery there is at the minute?	P	
	I do not want the surgery with 4 rods and numerous screws at my age only 1 surgeon was prepared to try and straighten things. Would a brace help with posture?	P	
	can scoliosis ever improve without back surgery	P	
	Speaking as someone whose scoliosis was first noticed at age 2, but have pretty good functioning and have never needed surgery, I'm interested in the likelihood of deterioration and worsening of my curvature as I age, and what, if anything, can be done to prevent it. A lot of claims are made for Schroth exercises, including that they can halt progression. It would be good to have independent research on this...	P	
	What is the best long term maintenance regime for anyone with scoliosis whether they have had surgery or not?	P	
	What are the most effective actions I can take to minimise the effects of my scoliosis on a day to day basis?	P	
	What can be done to prevent scoliosis developing in the first place, and to prevent it getting worse?	P	
	When you have surgery your back is fused-why are there no alternative surgery options?	P	
	Is physiotherapy effective for adults with scoliosis (in terms of pain reduction and improved symmetry)	P	
	I have scoliosis as a result of neuro muscular problems. InWould chiropratic treatment in early onset scoliosis maintain my skeletal alignment and prevent the muscular imbalances that now have resulted?	P	
	Will the likes of yoga and pilates help to curb the progression of scoliosis curves, or just potentially relieve pain/stiffness?	P	
	What is the evidence for the benefits of a self-managed physical activity programme in slowing the progression of scoliosis in older adults ?	P	
	How effective are non-surgical responses to severe curvature, including physiotherapy, core strengthening work and resistance work.	P	
	In what proportion of non-surgical responses to scoliosis is curvature reduced?	P	
	What support can yoga give to those who suffer pain and also can it work towards bring the spine back towards alignment perhaps helping to avoid surgery?	p	
	Can physical therapy help to straighten curves and rotation of the spine, or at least help to prevent progression of curves and rotation, in those who are 60+ and have probably had scoliosis through most of their lives but had no opportunity for corrective treatment at an early age?	P	
	How many people have found that Pilates makes the body stronger and more able to keep a scoliosis sufferer stand upright?	P	
	If scoliosis can be managed by yoga/Pilates/physio what would the time commitment to exercising be in order to keep the condition in check.	P	
	Is there anything that can slow the progression of scoliosis	P	
	Does targeted, intensive physiotherapy (e.g. Scoliogold method) have short and long term benefits in terms of pain and / or appearance, compared to no physiotherapy?	P	
	Can intensive physiotherapy (as above) be an alternative treatment to surgery?	P	
	Is physiotherapy a realistic alternative to surgery in children with curves over 35%?	P	

	Are physical therapies effective, and if used early enough might they obviate the need for bracing and/or surgery?	P	
	Is there anything that could have been done to avoid surgery?	P	
	Is there any way progressive deterioration over time can be halted. Those of us in our 60s and 70s may have had scoliosis since we were 10 or 11 years old. It seems to be the norm that if we lead a healthy life and exercise regularly then we can get away with very little pain. BUT, when the 50s arrive we notice a definite deterioration in the Cobb angle and in the pain level. IS this inevitable or can we prepare for this and help to stop this progression	P	
	Is surgery being done for cosmetic reasons, when other therapies may halt the progression of the curve, without invasive and stressful procedures that carry possible future complications? I.E instrumentation adverse reactions.	P	
	Is surgery always necessary?	P	
	Is the only way to straighten your spine surgery?	P	
	Can complimentary therapies such as yoga help to reduce curvature or prevent curve increase?	P	
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	What things can help mild scoliosis sufferers prevent the deterioration of the condition:	P	
	Can exercise and physiotherapy improve congenital scoliosis?	P	
	I believe that doing exercises designed specifically for scoliosis, such as Pilates style, stretching and cardio work to strengthen and mobilise myself have improved my posture and general well being. (Depression is a major factor in adults.) What evidence is there to support this?	P	
	What can help reduce deterioration	P	
	how can it be treated without surgery	P	
	Does physiotherapy reduce further degeneration of the spine?	P	
	Could ongoing monitoring and physical management advice reduce idiopathic scoliosis from becoming degenerative when an individual is older (40's)	P	
	Is bracing successful in the majority of cases or is surgery inevitable?	P	
	Are there any alternative therapies other than bracing/ surgery which can be used to complement and manage scoliosis development?	P	
	e.g. Is targeted physiotherapy effective for management and limiting of the impact of scoliosis in adulthood?	P	
	Can scoliosis be controlled/cured by non invasive methods	P	
	Can daily physiotherapy using the Schroth Method halt the progress of adult idiopathic scoliosis?	P	
	Can Pilates really help combat alignment issues?	P	
	In scolismart and scroth treatments, does it permanently improve the creature or will it return back after a few years ?	P	
	What other therapies manage and help improve the symptoms and progression of scoliosis..?as not everybody chooses surgery.	P	
	Can physiotherapy help manage/halt idiopathic scoliosis?	P	
	Can pilates and exercise help manage scoliosis ?	P	
	Do core muscle exercise programs like Pilates help slow down the progression of scoliosis?	P	
	Is bracing successful in the majority of cases or is surgery inevitable?	P	
	Do discomfort and psychological issues outweigh any benefit from pre-operative bracing given that a percentage of patients end up having corrective surgery anyway?	P	
	can physical therapy reduce scoliosis progression?	P	
	Is surgery the only answer for degenerative Scoliosis with an increasing lumbar curve?	P	
	Is ther any physical therapy that can reverse some of the curve in Degerative Scoliosis?	P	

	Has any study been made of the effectiveness of yoga in slowing Scoliosis progression? If so, what type of yoga?	P	
	Can alternative therapies reduce, or even reverse, the symptoms of scoliosis?	P	
	It would be interesting to hear from older people (65 and over) who opted to have an operation to straighten their back whether or not it was successful. What sort of operation was it and how long was it before they were back to "normal". Did the operation make things worse or better? Do they regret it or do the benefits outweigh any other problems they may have? If they opt not to have an operation, how do they manage the scoliosis?	P	
	Will there every be a non surgical correction option?	P	
	What can be done to halt its progress e.g. the influence of intensive and individually focused exercise therapies such as Schroth?	P	
	I would like to know if I could find somewhere to make me a brace, similar to the one I wore after surgery, but I expect 50 years on it would look less gruesome! Would this help support my back, to keep it straighter, but would it make it worse once I took it off to go out say?	P	
	What are the best step to help Proventil your scoliosis progressing if any	P	
	Can Physiotherapy, Yoga or Pilates be effective, as a treatment for scoliosis reduction or prevention, particularly if used in the earlier stages of scoliosis?	P	
	Can Pilates correct the curvatures?	P	
	When is physiotherapy for people with scoliosis an effective way of managing the condition and when might surgery be advised?	P	
	As an older person (67 years) with scoliosis (& kyphosis) I would like to know what specific exercises would help me maintain a reasonable posture and prevent degeneration?	P	
	Does catching a curve early enough and treating with a brace actually work?	P	
	what other treatments/therapies are best suited for maintaining a healthy spine which hasn't been supported with rods. I've always been advised to stay clear of chiropractic procedures and therefore have never known if this could be beneficial.	P	
	what's the best thing to do to prevent it getting any worse	P	
	Why are there not treatments to stop the spine degenerating and gradually causing disability. With an ageing population this will become an issue as it stops people working before reaching pensionable age.	P	
	What is the best treatment option, for patients that are unable or didn't go ahead with correction surgery?	P	
	How can you prevent it getting worse with age?	P	
	Is bracing or wearing scoliosis suits effective in minimising progression ?	P	
	What is the best way to support scoliosis patients and help them manage the condition without going for surgery ?	P	
	Would physiotherapy help lower back scoliosis for a 73 year old woman?	P	
	Is surgery the only "effective" long-term treatment? (i.e. other therapies include specialised stretches etc, do these offer a long-term solution?)	P	
	Can exercise be effective in treating degenerative scoliosis or is surgery the only true remedy?	P	
	What alternative therapies help to prevent scoliosis progressing if identified early?	P	
	Are there any non surgical methods that can reduce the curve?	P	
	Is there any less invasive methods of treating severe scoliosis?	P	
	Is there a non surgical treatment for scoliosis?	P	
	Does yoga help the curve decrease?	P	
	Is surgery the only perment solution?	P	
	Comparison of outcomes for surgical and non surgical treatment of scoliosis	P	
	Why are we not given help and advice about what are good exercises to do to slow degenerative changes?	P	
	Are there any alternative therapies for helping to straighten the spine or is surgery usually the only option?	P	

	More and more medicine or non surgical method is needed to be developed	P	
	Is physiotherapy beneficial in adults with degenerative scoliosis?	P	
	Are there better non surgical solutions available?	P	
	Can Pilates reduce or stabilise scoliosis whilst still growing?	P	
	Is massage and /or physiotherapy effective in improving functioning and comfort in elderly people with scoliosis?	P	
	I would be very interested in any exercises that could help to stop the scoliosis getting any worse.	P	
	compared to non-surgical (physiotherapy, bracing) and natural history outcomes?	P	
	Does exercise prevent deterioration?	P	
	Can exercise and stretches help Scoliosis and help to pull the structure of the spinal column into a more central position?	P	
	I exercise with aqua-exercise, walking, pilates etc. How significant is exercise to the management of Scoliosis? If so, which kind of exercise	P	
	I have marked scoliosis due to polio - this developed very gradually over the last 20 years. It is part of post-polio syndrome. Is there anything that could have prevented this development ?	P	
	Can complimentary therapies such as massage and chiropractic treatment be used as an alternative to surgery in mild cases of scoliosis?	P	
	Would physiotherapy and exercise help the spine from twisting. if done when it first started to twist	P	
	Can I slow down the development of my scoliosis?	P	
	Are scoliosis specific exercises an effective alternative to surgery in patients with mild to moderate curvatures?	P	
	What can I do to prevent progression?	PH	
	Re: scoliosis in adults: can exercise be a viable alternative to surgery?	PR	
	Why in symptomatic conditions there is no early physiotherapy treatment? It is extremely frustrating for a parent, knowing the condition is going to worsen, just sit and wait. With or without bracing, there needs to be something that can actively be done rather than just helplessly waiting.	PR	
	Can bracing and targeted physio be just as effective in straightening a scoliosis curve as corrective surgery?	PR	
	What physical therapies are proven to help the symptoms and are any actually helpful in improving the curve?	R	
	If someone is diagnosed with scoliosis, would it be beneficial pre surgery for a physiotherapist to give advice on sitting and lying positions to help not hinder the pain and progression of the condition?	R	
	Is there any specific Physiotherapy proven to help strengthen muscle tone and therefore help deterioration of a secondary curve caused from Congenital scoliosis in very young paediatric patients.	R	
	Bracing in very young patients to stabilise curvature to hold off surgery as long as possible. Is Bracing as beneficial as maintaining own core muscle strength through physio. If a patient has very good core muscle strength could bracing have detrimental affects instead of helping? Is bracing an affective therapy or does it depend on the patients muscle strength to begin with?	R	
	What are the best alternatives to surgery in managing scoliosis?	R	
	Can further research be carried out into non surgical treatments for scoliosis, particularly in young children and babies.	R	
	If you built up the muscles around the spine can this help stop the curve getting any worse	R	
	Treatments for Scoliosis, not just a focus on spinal fusion	R	
	how affective is using chiro, change of diet, occupational therapy techniques for reducing COB angle	R	
	Does bracing work in either preventing or delaying surgery?	R	
	Can physio/exercises prevent the need for surgery?	R	
	Is surgery inevitable in children who develop scoliosis during childhood?	R	

	DOes the use of a sleep system for postural control have an effect on the progression of scoliosis	R	
	What is the best way to care for and treat someone who has a severe scoliosis that cannot be corrected by insertion of spinal rods.	R	
	In early onset idiopathic scoliosis is bracing effective at preventing progression?	R	
	Will physiotherapy help to prevent a very severe curve worsening ?	R	
	Will early physiotherapy treatment prevent the progression adolescent scoliosis?	R	
	What evidence is there for watch and wait treatment versus brace treatment in reducing need for surgery in adolescent idiopathic scoliosis?	R	
	Can physiotherapy/ exercise such as Yoga and Pilates help halt the progression of scoliosis curve and improve posture, both before and after surgery?	R	
	What is the success rate for non-surgical intervention (eg plaster jackets) in congenital scoliosis?	R	
	Are there any proven non-surgical ways of reversing scoliosis?	R	
	Can wearing a Boston Brace for over 19 hours a day prevent surgery?	R	
	Will eating an organic diet or other diet help slow the curves in scoliosis?	R	
	Is Physiotherapy important with scoliosis and can it prevent surgery if done with Boston Brace	R	
	Would extensive exercise have prevented my daughters scoliosis from progressing atall?	R	
	Does early intervention e.g bracing help to avoid surgery til fully grown?	R	
	What physical therapies are effective in reducing curvature?	R	
	Apart from bracing, what can actually be done to prevent worsening of scoliosis?	R	
	How can we stop its progression?	R	
	What percentage of people that have been braced achieve a permanent reduction in curvature?	R	
	When waiting to see if scoliosis develops to the extent that surgery is an absolute necessity, could more be put in place to support patients in terms of information about physio, shoe implants, exercise, pliates etc to ensure that all options have been explored before resorting to surgery?	R	
	Can osteopathic manipulation and exercise/physiotherapy have any effect on correcting scoliosis ?	R	
	Are there any comparative studies on brace wearing, non-brace wearing but a specifically designed exercise regime e.g. SOS clinic or frequent specific pilates excercises and a control for effective treatment and prevention of surgery?	R	
	Same question is for yoga. Can yoga revert scoliosis?	R	
	Therapeutic yoga seems to appear in several studies in regards to scoliosis in order to help improve posture and breathing deep into the back, could this be offered as a alternative or in addition to surgery?	R	
	Is surgery for scoliosis the most proven method for scoliosis improvement as opposed to other therapies?	R	
	With early onset scoliosis is it ever possible to have full recovery via bracing alone and no surgery?	R	
	Can the scroth method and other physical therapies really correct scoliosis?	R	
	Are there alternatives to surgery. How successful are they?	R	
	is surgery the only answer ? Or would bracing early prevent surgery	R	
	Why is the improvement which yoga brings, both pre and post surgery, not acknowledged more often?	R	
	In idiopathic scoliosis would early treatment with physiotherapy be beneficial	R	
	Therapeutic benefits between non invasive treatments and surgery. Especially for individuals who have a curvature of 40 Degrees or more.	R	
	What is the best way to slow down/halt the progression of scoliosis (referring to onset during teenage years)	R	
	Can physio help prevent a curve get worse?	R	
	Does bracing work in preventing further progression of the spinal curve?	R	
	Would chiropractic or other complimentary therapies help prevent a curve getting worse (in adolescent idiopathic scoliosis)	R	

	Would physiotherapy help a curve getting worse?	R	
	Is there anything non-surgical that can be done to improve the symptoms?	R	
	Does bracing prevent scoliosis progression	R	
	Do alternative therapies prevent scoliosis progression	R	
	Is scoliosis fixed or can it be mobilised using osteopathy treatment and spine mobilisation hydrotherapy exercises	R	
	Bracing. Does it really reduce the progress of curvature.	R	
	Exercise. The effects of types of exercise on the progression of curvature. Exercise such as: sport, yoga, pilates	R	
	What non surgical treatments are available to prevent deterioration or the need for future surgeries?	R	
	Can a program of massage and exercise have a positive effect on low degree curves?	R	
	Can yoga help correct a curvature of the spine	R	
	Can exercise and/or bracing reduce the severity of adolescent idiopathic scoliosis in adolescents who have stopped growing compared with "watch and wait"	R	
	What should adolescents with scoliosis do to help prevent further back problems in the future?	R	
	Is there another alternative, prior to plaster cast bracing, for those who have been put on 'watch and wait'. I feel something less restrictive than a plaster cast could be made available. A more proactive approach would be better and would also support her mobility.	R	
	Do massage-based therapies improve functioning and well being for children and young adults with neurodiversity such as the umbrella group of muscular dystrophies?	R	
	Are there proven alternatives to operating? I have heard of a few exercise techniques and classes that are run privately.	R	
	Does physiotherapy have any effect on improving/curing scoliosis!	U	
	Other treatments than surgery for scoliosis	U	
2. How is quality of life affected by scoliosis and its treatment? How can we measure this in ways that are meaningful to patients?	What functional gains or quality of life can be measured in surgery for neuromuscular scoliosis?	H	Stefano Negrini, Silvia Minozzi, Josette Bettany-Saltikov, Nachiappan Chockalingam, Theodoros B. Grivas, Tomasz Kotwicki, Toru Maruyama, Michele Romano & Fabio Zaina (2015) Braces for idiopathic scoliosis in adolescents. Cochrane Back and Neck Group, The Cochrane Library.
	In patients with complex needs how can we assess the benefits of scoliosis surgery of improving quality of life?	H	Theis J, Gerdhem P, Abbott A. Quality of life outcomes in surgically treated adult scoliosis patients: a systematic review. European Spine Journal 2014: epub
	How is the success of management assessed? On a patient (and age specific) and on a surgeon benefit? How should the qualitative and quantitative answers be combined?	H	Rushton PR, Grevitt MP. What is the effect of surgery on the quality of life of the adolescent with adolescent idiopathic scoliosis? A review and statistical analysis of the literature. Spine 2013; 38(9): 786-794
	Quality of life following treatment of non treatment	H	
	Do the orthopaedic led outcome measures following spinal surgery in children with neuromuscular weakness, match those identified by the patient? e.g. does orthopaedic intervention for spinal scoliosis, really have a positive impact on the quality of life for children with NMW and scoliosis?	H	
	if the degree of correction is not correlated with patient outcome, if we redirect the target for correction, would this procedure the same clinical results with less complications?	H	
	What are the success stories for those who have lived healthy and low pain or pain free lives with scoliosis and/or spinal fusion? Where are the real models to look up to?	P	
	How closely do the outcomes that are considered most important to young people with adolescent idiopathic scoliosis match up with the healthcare professional's most important outcomes for proposed interventions? Are there any tools/methods to improve communication between these parties that have evidence of benefit?	P	
	What's the worst part about having scoliosis for the sufferer and the family?	P	
	How does this affect your life.	P	
	What is it like to live with scoliosis? A qualitative 'patient's voice' exploration.	P	

3. Could surgical procedures be improved to become less invasive, reduce scarring and increase flexibility?	Does vertebral body tethering work?	C	NIHR HSC. ApiFix system for adolescent idiopathic scoliosis. Birmingham: NIHR Horizon Scanning Centre (NIHR HSC). Horizon Scanning Review. 2013
	What surgical techniques are the safest?	H	Cao Y, Xiong W, Li F. Pedicle screw versus hybrid construct instrumentation in adolescent idiopathic scoliosis: meta-analysis of thoracic kyphosis. Spine 2014; 39(13): E800-E810
	Are there any advances in the correction of the severe deformity without compromising lung function?	P	NICE guidance states has said that the MAGEC system should be considered for children aged 2 and over with scoliosis, who need surgery to correct their curved spine. Hospital teams may want to use the MAGEC system because it avoids the need for repeated surgery to lengthen the rods. Medical technologies guidance [MTG18], June 2014.
	In an operation to correct scoliosis in adults, is it better to do an anterior release before a posterior correction rather than operating entirely from the back?	P	
	What are the latest innovative surgical technologies being developed suitable for plus 55 years for curve correction?	P	
	Will there be a less invasive surgery to correct scoliosis?	P	
	Can surgical procedures be improved to reduce scarring. Is there any chance of laparoscopic techniques being developed?	R	
	Can surgery be less invasive, and allow flexibility afterwards, (are rods the only solution)?	R	
	Why are more UK doctors not adopting vertebral body tethering despite the excellent results shown in the US and UK especially given the known long term problems with traditional spinal fusion.	R	
	will uk look at doing tethering operation rather than fusion to allow kids more flexibility. IS tethering more effective?	R	
	Patient is a dancer (Ballet and Jazz). Is there research into a surgical option that would maintain more flexibility than currently available?	R	
	Is it possible to develop treatments that don't limit the flexibility of the spine? (Putting metal rods along the spine greatly reduces flexibility, so would there be any way to avoid this?)	U	
4. What are the long-term outcomes and side-effects of surgery?	Is there really any more than a body image and cosmetic value to idiopathic scoliosis surgery	H	Theis J, Gerdhem P, Abbott A. Quality of life outcomes in surgically treated adult scoliosis patients: a systematic review. European Spine Journal 2014: epub
	Is there any difference in quality of life after surgical correction of scoliosis versus QOL during conservative treatment of scoliosis caused by paralyses/growth	H	Danielsson AJ1, Nachemson AL.Back pain and function 23 years after fusion for adolescent idiopathic scoliosis: a case-control study-part II. Spine 15;28(18):E373-83.
	With more modern instrumentation being used in AIS, has this made a difference to later effects eg pain ?	H	
	Does surgery scoliosis improve Health	H	
	Does back pain improve after scoliosis	H	
	Is surgery for idiopathic adolescent scoliosis purely cosmetic?	H	
	The effects of surgery. What is achieved for what we want to achieve and what are the unexpected effects?	H	
	What effect on quality of life does surgical intervention for idiopathic scoliosis have?	H	
	What are the long term implications of having Scoliosis surgery ?	H	
	What are the long term results of fusion to the lower lumbar spine or sacrum compared to no treatment for lumbar scoliosis	H	
	Now that men with DMD are living longer, are we seeing problems relating to pain years after scoliosis surgery, postural adaptation through metal fatigue over time, or further surgical intervention?	H	
	Is the value in convex growth control which uses on existing development	H	
	Do growth rods help achieve good truncal growth compared to physiological growth for that specific child?	H	
	Which symptoms improve following surgery for adult deformity surgery?	H	
	What happens to the unfused spine after scoliosis surgery?	H	
	What are consequences of spinal fusion	P	
	How does the fusion affect the free vertebrae over time?	P	
	What effect does Scoliosis Correction Surgery Have on the whole body?	P	
	Will scoliosis correction surgery cause me any problems in the future?	P	
	Is having the scoliosis correction surgery ment to stop the pains you have?	P	

	Is there any long term difference in function between those patients treated conservatively and those who have surgical management	P	
	What are the long-term side effects of spinal fusion surgery?	P	
	How will people who had a spinal fusion and still have a Harrington Rod fare in their later years. My operation took place years ago and I've lived an almost painless life. Could this change?	P	
	What quality of life can be expected from surgery?	P	
	What are the main long term problems associated with scoliosis correction surgery?	P	
	Is degenerative disc disease more common in those who already have scoliosis or those who have had spinal surgery?	P	
	In adolescent idiopathic scoliosis, does having surgery in adolescence improve long-term outcomes (i.e. mobility, pain levels and/or overall well being as you age)?	P	
	What are the outcomes of surgery undertaken when people are older (say 40 plus?), both for people who have never had surgery before and for those who have had surgery but have nevertheless deteriorated?	P	
	What research has been done for long term post operation of scoliosis with people Who are osteopenic?	P	
	How successful is fusion with rods on an adolescent after 20 years or more?	P	
	The long term effects of Harrington rods on spines.	P	
	Will having a large metal rod inside my body most of my life effect the rest of my body in any way?	P	
	does treatment always have to be corrective?	P	
	Does spinal fusion lead to back problems in later life in the part of the spine not fused, particularly the lumbar area?	P	
	What are the long-term risks/issues following scoliosis surgery?	P	
	Can corrective surgery cause further problems for the patient in the long run?	P	
	Sacroiliac joint problems following scoliosis surgery . The problems that can arise and treatments available if The sacroiliac joint begins to cause problems post Fusion surgery .	P	
	If I have surgery what will the long term affects be? Will my body tolerate the surgery long term or will it react in another way?	P	
	Why am I in more pain now than I was before my spine was fused?	P	
	What are the main side effects of the operation to eg. breathing and asthma as well as eating, as digestion in the duodenum is a recent topic that is effecting some post-op patients	P	
	What are the long term effects of spinal fusion?	P	
	What will happen to the fusion and titanium as I age and my bones become more brittle, will it have any affect on my mobility and will it become painful.	P	
	What is the long term effect of having the nerve endings around spine killed off ??	P	
	Does surgery (on large curves) result in greater wear and tear on the unfused vertebrae than if left untreated?	P	
	What are the long-term adverse effects of Harrington rod surgery and spinal fusion for adolescent idiopathic scoliosis and how common are these?	P	
	What are the effects of having surgery as you get older? For example I had surgery at 16, what will this mean when I'm 40+	P	
	Is a surgically fused spine more vulnerable to late onset complications and pain given that the areas immediately above and below a fusion are pivotal points for everyday spinal movement & activities that involve moving the head, pelvis, etc	P	
	Why did any surgeon ever think it would be a good idea to perform a life-changing, irreversible fusion on a substantial length of teenage spine knowing that, anatomically, a spine's flexibility is it's life blood, and eliminating it is clearly going to lead, over time, to a whole host of other problems the patient might otherwise have avoided?	P	

	30 years post surgery is there a likely of complications or a high incidence of disc problems and pain?	P	
	It would be interesting to hear from older people (65 and over) who opted to have an operation to straighten their back whether or not it was successful. What sort of operation was it and how long was it before they were back to "normal". Did the operation make things worse or better? Do they regret it or do the benefits outweigh any other problems they may have? If they opt not to have an operation, how do they manage the scoliosis?	P	
	How successful is spinal fusion surgery for adults with degenerative scoliosis and how satisfied are patients who have had this surgery?	P	
	Does early spinal fusion cause early spinal degeneration? The spine has to carry the weight of the rods causing lower spinal problems in later life!	P	
	Does having any kind of spinal fusion increase arthritis (or any other pain) above and below the fusion in later years?	P	
	What are the common problems people face post surgery?	P	
	What's the long term life like for patients after having had scoliosis surgery? Are they at a greater risk of developing any diseases or conditions?	P	
	What is the quality of life of older people with scoliosis who had the corrective surgery during teenage years?	P	
	What are the knock on effects in much later years after having corrective surgery ? Eg arthritis, flat feet , neck and shoulder pain .	P	
	What are the long term effects post operative of spinal fusion.	P	
	Do people with a harrington rod implant experience greater 'wear and tear' injuries in later life to the sections of the spine not attached to the rod? eg. lower back	P	
	What clear advantages are there to having surgery in the long term?	P	
	What are the long-term health effects of spinal fusion operations?	P	
	Is it normal to have back pain years after having a full spinal fusion?	P	
	What are the after effects of surgery 10 to 20 years later.	P	
	After having the stainless rod surgery,as you age are there any long term health problems that can occur 40 years later	P	
	What are the risks and long-term implications of Adolescent Idiopathic scoliosis surgery (infection, rates of re-operation due to implant movement/breakage, pseudarthrosis, disc degeneration, chronic back pain) compared to non-surgical (physiotherapy, bracing) and natural history outcomes?	P	
	Is there any evidence (long-term prospective controlled studies) that spinal fusion surgery improves quality of life for patients with adolescent idiopathic scoliosis versus natural history i.e. is the risk/benefit relationship of spinal fusion surgery always beneficial to the patient?	P	
	Is it normal to have one foot colder than the other, 20 years after spinal fusion surgery?	P	
	Upper leg (above knees) frontal and core pain affects mobility and sitting capabilities - and appears to be a not-uncommon consequence of spinal surgery. How common?	P	
	Can the rods placed on patients spine dislodge from the spine and cause injury to the person	P	
	How people affected with scoliosis feel after a life time, 5,10,20 or 30 years or more after undergoing an operation?	P	
	What does the long term follow up of old scoliosis surgeries show in terms of pain and disability?	P	
	What are the long term implications of having spinal fusion surgery a a treatment for scoliosis?	P	
	When should small back aches stop post op? Because when I am sitting up (on my bed for instance) my back begins to ache so when should this not happen or will it always happen?	P	
	Is it usual for spinal fusion to result in constant unrelenting back pain	PR	

	As a 50 year old woman who had spinal fusion surgery aged 14 years old am I at risk of back problems in later life?	PR	
	How does corrective scoliosis surgery with significant spinal fusion (causing a significant restriction in movement) affect patients later in life?	PR	
	why do some people suffer with colonic pain years after having surgery ?	R	
	Following surgery ie rods either side of spine, will she ever be pain free??	R	
	After early teenage surgery, what is the likelihood of future complications?	R	
	What are the possible long-term side effects of spinal fusion surgery?	R	
	What are the long term outcomes for surgical management in terms of chronic pain and complications versus conservative management?	R	
	What are the long-term side-effects in older patients of the extensive operations and anaesthesia?	R	
	what are the Long term effects post surgery	R	
	what are longer-term outcomes and health issues for patients who have undergone fusion for adolescent idiopathic scoliosis during their teenage years,	R	
	Are there any long term issues after correction surgery for adolescent idiopathic scoliosis?	R	
	How will spinal surgery effect the patient long term?	R	
	How are are patients, who have had the operation in adolescence, doing 20 or 30 years later?	R	
	My daughter had spinal fusion surgery at age 13. Can this cause her complications or issues later in life?	R	
	Is there any statistics on post op condition of the patients? I am interested in general well being and is there any patients which had scoliosis returned and developed further.	R	
	what are the longer term impacts for people who have had fusion surgery- (e.g. re childbirth, future surgery requirements, future pain, potential complications in the longer term)	R	
	Does the person who has had surgery as a teenager go on in later life to develop pain and complications of scoliosis?	R	
	What are the long term effects post operation	R	
	What are long term affects of having complete spinal fusion? (ie: any data on problems from patients who had spinal fusions in their teens, and are now 40+?)	R	
	What are the long term (30yrs plus) effects of corrective surgery on patients	R	
	what are the longterm out comes for people who have had spinal fusion and rods fitted?	R	
	Is surgical treatment of adolescent idiopathic scoliosis purely cosmetic?	R	
	What are the longer term outcome/durability of metal work/spinal fusion in terms of further surgery and pain?	R	
	What side effects of a spinal fusion should we as parents and then my daughter as an adult look out for in the future as we are now 'signed off' by our consultant?	R	
	How will this surgery affect my daughters life/mobility/health in the future and what monitoring is in place?	R	
	Will there be any long term effects of surgery ?	R	
	will there be effects later on in life after surgery?	R	
	As a parent I would like more long term information from surgery in order to make a much more informed decision. There are lots and lots of success stories and support for recovery after surgery but not much regarding the down sides (eg rates of rod infection, impact on lower spine with age, consequences of pregnancy etc.	R	
	can scoliosis be cured with surgery	R	
	Does surgery have better outcomes for scoliosis patients' quality of life than physiotherapy?	R	
	Can the curve return	R	
	Does idiopathic scoliosis and subsequent surgery lead to back problems including pain as an adult	R	

	and does it cause poor coordination	R	
	Are there any long term implications of surgical correction eg deterioration of the spine ?	R	
	What research has been done to compare quality of life (and prognosis) for boys with DMD who have corrective surgery versus those that don't?	R	
	What are the long term outcomes of spinal fusion surgery - reviewing outcomes such as pain and quality of life and ability to work	RH	
5. How likely is scoliosis to get worse over time, either with or without treatment? Should people be monitored?	How quickly will a scoliosis progress in a wheelchair dependent child?	H	A. Grauers, E. Einarsdottir and P. Gerdhem (2016) Genetics and pathogenesis of idiopathic scoliosis, Grauers et al. Scoliosis and Spinal Disorders 11:45
	What happens in the long term? i.e how many patients with scoliosis who did not undergo surgery develop back pain or seek to see a spinal surgeon in the long term	H	
	How much contribution do adolescent curves make to adult spinal pain and progressive deformity?	H	
	What is the true progression potential for idiopathic scoliosis after skeletal maturity.	H	
	Why do some peoples curves progress, and other don't?	H	
	In patients (children and young adults) with neuro scoliosis what are the predictors / indications for routine X ray surveillance	H	
	what happens in adulthood (i.e. after skeletal maturity) to people with idiopathic scoliosis treated either surgically or non-surgically? does the curve progress and if so, does this cause problems?	H	
	Can we predict which types of patient and thoracic curves will progress to cause thoracic insufficiency?	H	
	Do individuals ever grow out of it	H	
	Can we predict more accurately progression in AIS	H	
	How to predict curve progression in idiopathic scoliosis	H	
	Due to steroid therapy, less DMD patients are requiring scoliosis surgery in the paediatric service. Does scoliosis continue to develop into adulthood? Are we going to see an adult population requiring scoliosis surgery but are too frail / ill to undergo? Do adult services even undertake scoliosis surgery around the UK?	H	
	What measurement should I use when monitoring scoliosis within my muscle clinic?	H	
	How useful / reliable are spinal photographs in the monitoring of scoliosis? How often should these be completed?	H	
	Can we predict which patients with adolescent idiopathic scoliosis with smaller curves (15-40 degrees) are going to progress before skeletal maturity?	H	
	Can we predict which curves at the borderline for known natural history (40-60 degree) curves are going to progress after skeletal maturity?	H	
	What is the long term prognosis for patients living into old age with spinal rods with regard to osteoporosis/ general loss of height?	P	
	On children with positional scoliosis (ie. Still correctable with physio) what are the prognosis for adulthood?	P	
	At what degree of severity does scoliosis worsen if left untreated surgically?	P	
	is the disease curable at any stage of ones life	P	
	How likely is it that my scoliosis will degenerate as I age and become generally less flexible?	P	
	As you get older does the scoliosis get worse?	P	
	If teenage idiopathic scoliosis results in severe progression in adults how long can you expect it to take to make a full recovery?	P	
	What are the long term implications of scoliosis detected in one's teens?	P	
	what treatments are most effective for idiopathic scoliosis when no operation has taken place and in middle age?	P	
	What effect does muscle atrophy have on the development and management of scoliosis in older adults who have not had spinal surgery ?	P	
	how quickly can scoliosis progress?	P	

	What are the long term implications after diagnosis	P	
	Will a curve keep progressing if not corrected when young	P	
	If surgery is refused, what would be the prognosis from current facts & information.	P	
	I was diagnosed earlier this year.I am 69 now,will I become very bent over.	P	
	How congenital thoracic kyphosis scoliosis affects you when your getting older	P	
	Shouldn't congenital scoliosis be monitored throughout life? (in particular, why are x-rays destroyed after 10 years?)	P	
	At what point is it considered unlikely for a scoliosis diagnosed in adolescence to progress and require surgery?	P	
	At what stage can scoliosis be diagnosed as progressive or non-progressive?	P	
	What is known about ageing with scoliosis?	P	
	How bad can scoliosis get.	P	
	I know that it differs in each individual, but from what you see (in my back) are you able to say what it means for me in the future? How will it affect me? Will I experience pain? Will it limit my function? Will it have a knock on affect to other parts of my body? What are my options?	P	
	Despite all management steps/treatments/therapies, is a wheelchair the final inevitability?	P	
	What is the prognosis of degenerate lumbar scoliosis in a 78 year old man?	P	
	Is there any way of knowing if a spinal curvature will progress and how accurate are these tests?	P	
	If someone has childhood scoliosis which the medical profession refuses to treat at all and the patient goes on to develop an 80% or more 's' curve scoliosis and kyphosis by the time they stop growing, will it worsen in adulthood or stay 'stable'?	P	
	What degree of change in the spine can be expected over the years - in my case with late onset Scoliosis ?	P	
	After years of suffering with severe scoliosis why is my shape changing drastically, lots more pain, discomfort, and breathlessness.	P	
	What is the worst I can expect as I get older as I know I am stooping more to left?	P	
	Should you be receiving follow ups for idiopathic scoliosis	P	
	Does it get worse with age?	P	
	Is there a different strains of scoliosis that cause the curve to progress quicker then others?	P	
	Will the scoliosis i have continue to get worse or will it stop. I have DMD aged 32 and opted out of fusion	P	
	Personally I don't get monitored at all.	P	
	Does adolescent scoliosis deteriorate as you get older?	P	
	My mom has scoliosis where ita at an 85° angle at the top and bottom her top back swists to right its like a spiral staircase and fused from top to bottom will i be able to avoid this severity ?	P	
	Is progression of scoliosis monitored effectively?	P	
	Will scoliosis deteriorate as you age and what can then be done to treat it or ease symptoms?	P	
	What are the issues for older people who developed adolescent scoliosis as a young person?	P	
	Do you follow up patients who were treated in the 70s	P	
	It's over 40 years since my treatment, why have there not been more follow up studies	P	
	Should people who have had successful surgery /treatment and taken off the doctors books be reviewed a few times during their life time ?	P	
	Does treated scoliosis get worse as you get later on in life?	P	
	Is there any machine to know upto when scoliosis will progress?	P	
	Should adults with adolescent idiopathic scoliosis which has not been operated on expect further development of the curvature in old age?	P	

	Prognosis for people with severe scoliosis (excess of 140 degree of curves)	P	
	What's the worse that can happen in the long run	P	
	How often should someone be monitored as an adult with scoliosis	P	
	In later life, will there be any complications of scoliosis surgery, such as giving birth and growing old? What would help to overcome these potential issues?	P	
	How often should non-treated scoliosis be monitored?	P	
	Why isn't there a follow up on people with the condition.	P	
	When I grow older what sort of issues may I encounter related to my scoliosis and how can I prevent them?	P	
	Will it get worse	P	
	Does it worsen with age	P	
	How will AIS develop and affect me as I age?	P	
	I had polio then Scoliosis and spinal fusion age 13. Osteoporosis since age 59. Does research confirm this to be an expected sequence of events?	P	
	Why isn't a routine look at the spine at certain intervals in life	P	
	If surgery is refused, how can mild scoliosis developed in childhood or adolescence progress through the rest of a person's life?	P	
	What lifelong monitoring and followup is recommended for spinal fusion patients?	P	
	I wore a brace from the age of 13 to 17 which corrected my curvature a little bit, I have a sticking out shoulder now. Which I cope with. But will my curve increase with age?	P	
	what effect will aging (wear and tear) have on the spine of an older patient with scoliosis. Personally I don't get monitored at all.	P	
	What actually happens to an adult if they are not operated on for worsening scoliosis when there is intermittent but not chronic pain?	PR	
	Our teenage daughter has a significant curve (58 deg) and her consultant says because she is now skeletally mature, it shouldn't get any worse. Does it tend to get worse with age or does it really level off with skeletal maturity? We are therefore in a slight quandary as to whether it is better and easier to deal with any potential surgery whilst she is younger balanced against the possibility that it (an increasing curve) is harder to deal with when she is older.	R	
	If someone is diagnosed with scoliosis in adolescence... and this improves slightly with growth but then stabilises, is there any research to say that this scoliosis can worsen over time with age without any intervention? The person concerned has a diagnosis of Ehlers Danlos Syndrome Type III hypermobility. They undertake daily physio to keep their musculature as fully functioning as possible.	R	
	What are the long term implications (into adulthood) of not treating a idiopathic scoliosis	R	
	If an adolescent with scoliosis has a severe curve at first diagnosis what is the honest truth if the curve will progress and how quickly is this likely to happen ? How is this worked out?	R	
	Can the curve get worse again even after surgery?	R	
	What follow up work is there to map any deterioration in AIS patients even after fusion surgery?	R	
	What is the long term prognosis for teenagers who have surgery for scoliosis.	R	
	Will mild scoliosis progress after you've finished growing?	R	
	Prognosis for further problems in later life (onset teenage years)	R	
	And what are the chances of the curve progressing after bracing?	R	
	What would be the longer term outcome of untreated adolescent idiopathic scoliosis?	R	
	For curves over 50 degrees, how likely is it that the spine will continue to curve after the child has stopped growing if surgery is not carried out?	R	
	What is the average time from scoliosis (A.I.S) diagnosis till curve exceeds 50%?	R	
	How often should Dexa scans be taken.	R	

	Is there (should there be?) a programme to monitor adults who were diagnosed as children /teenagers to check if the curve has worsened? Eg scans every 5 years. And if there was, what treatment would there be for these adults (like myself).	R	
	If she doesn't have the surgery what would happen?	R	
	I think there should be at least check up every 2 years after surgery for at least 10 yrs.	R	
	What is prognosis after surgery	R	
6. What is the best method of imaging scoliosis that also reduces exposure to radiation?	Can we reliably use alternative imaging modalities to monitor curve progression in scoliosis apart from Radiographs? i.e reduce radiation exposure in children and young adults	H	Wade R, Yang H, McKenna C, Faria R, Gummerson N, Woolacott N. A systematic review of the clinical effectiveness of EOS 2D/3D X-ray imaging system. <i>European Spine Journal</i> 2013; 22(2): 296-304
	what is best imaging for scoliosis?	H	Sedrez JA, Candotti CT. [Noninvasive assessment of postural scoliosis: a systematic review] <i>Motricidade</i> 2013; 9(4): 100-111
	Are there any non-radiological assessments to identify the early stages of a scoliosis developing in children with neurodisability that could be incorporated into a physiotherapy postural assessment?	H	NICE has developed diagnostics guidance on the EOS 2D/3D imaging system. (www.nice.org.uk/guidance/dg1)
	Many parents question the validity of the Xrays taken to monitor the scoliosis progression as they feel it is dependent on how their child is positioned on the bed. There is often no support for the xray table - more the child is balanced and free to move around. What effect does positioning on X-ray have on the ability to measure progression of the scoliosis?	H	
	What are the best monitoring tools for scoliosis (caused by paralyses and growth) i.e. xray/MRI/photography/postural examination/physical function	H	
	How can we reduce the radiation burden of investigating scoliosis, particularly in young adolescents?	H	
	Diagnosis of scoliosis focusing on methods relevant to the 3 D problem rather than the 2 D X-ray	H	
	Can Motion Capture Technology help us to better describe the results of treatment for scoliosis? What are normal contours and movements, and how closely can we restore them.	H	
	How useful / reliable are spinal photographs in the monitoring of scoliosis? How often should these be completed?	H	
	Can innovative technologies like new phone apps be used as an additional tool to assess 3-D body shape and posture	H	
	In children with neurodisability, does interval monitoring with 4D body scanning allow for earlier identification and regular review of scoliosis and its development?	HR	
	How can we monitor/limit amount of radiation a person with scoliosis will be exposed to in their lifetime?	R	
	Do frequent x-rays of the whole spine from age 13 affect fertility? (No protective pads across the ovaries could be used).	R	
	Does the full spinal x-ray after each lengthening procedure present a health risk?	R	
7. Which type of brace (e.g. rigid or dynamic) is most effective in the treatment of (a) early onset scoliosis and (b) adolescent idiopathic scoliosis?	As more and more specialists do not seem to advocate adolescent bracing these days, will this soon be a thing of the past or is there research to say that in some cases it is successful enough to be carried on	C	Stefano Negrini, Silvia Minozzi, Josette Bettany-Saltikov, Nachiappan Chockalingam, Theodoros B. Grivas, Tomasz Kotwicki, Toru Maruyama, Michele Romano & Fabio Zaina (2015) Braces for idiopathic scoliosis in adolescents. <i>Cochrane Back and Neck Group, The Cochrane Library.</i>
	What conditions influencing scoliosis would benefit from lycra scoliosis suit?	H	Cobetto N, Aubin CE, Parent S, Clin J, Barchi S, Turgeon I, Labelle H. <i>Eur Spine J.</i> 2016 Oct;25(10):3056-3064. Effectiveness of braces designed using computer-aided design and manufacturing (CAD/CAM) and finite element simulation compared to CAD/CAM only for the conservative treatment of adolescent idiopathic scoliosis: a prospective randomized controlled trial.
	Do Lycra garments either with or without bone supports make a clinical difference. If so, at what age or at what stage.	H	
	Does wearing a TLSO reduce the risk of scoliosis for children with cerebral palsy?	H	
	What are the outcomes of rigid bracing versus dynamic bracing? (i.e. Lycra)	H	
	Does spinal bracing enable functional ability in children and young people with CP (especially GMFCS levels IV and V)?	H	

	Can my treatment with rigid bracing slow the progression of my scoliosis vs using dynamic lycra bracing?	H	
	What are the levels of compliance using static bracing compared with lycra bracing?	H	
	There is little research in neuropathic onset scoliosis for children and adults. The options currently are rigidly brace (which is known not to work) you until you need surgery. This is not the case so we really need detailed in depth studies to provide in depth evidence based practice. This research would very easily link in to AIS	H	
	Is there any research that rigid spinal bracing corrects scoliosis?	H	
	Why is dynamic bracing not used more in prevention of curve progression in high risk patients?	H	
	Do future outcomes differ in patients who have been treated with a soft fabric spinal orthosis with those who have been treated with a more traditional firm plastic of leather brace?	H	
	In early onset scoliosis patients managed with serial plaster casting, is there a difference in outcomes based on time to first casting, frequency of cast change and duration of casting treatment after correction?	H	
	What type of custom spinal orthosis is most effective for managing idiopathic scoliosis?	H	
	How to determine which brace is most appropriate to use, ie when to use asymmetrical style rigid bracing such as Rigo Cheneau or Gomez Bracing over symmetrical type braces such as Boston Braces?	H	
	What is the best bracing option for AIS?	H	
	Does casting technique make a difference to curve control	H	
	Which patients respond to bracing for early onset scoliosis	H	
	Is brace treatment beneficial for Idiopathic Scoliosis ?	H	
	Does the use of lycra body suits have any benefit in the management of idiopathic scoliosis?	H	
	is there a role for bracing in scoliosis treatment - which brace	H	
	Does bracing in idiopathic scoliosis really work? Especially when you have a double curve.	P	
	I've never been offered a brace. How does a brace help and is it suitable for all ages.	P	
	Does wearing any type of corset (or bracing) help of hinder?	P	
	How effective is bracing in adolescent idiopathic scoliosis?	P	
	Is it time to be honest with parents that the design of the braces today are more based on whether a child will want to wear it rather than whether it will work -as otherwise no studies are possible? The braces 50 years ago (which had a much higher percentage of working) included stabilising the whole spine including cervical. (Obviously not appealing, but effective). Parents today are not making the choice with all of the information.	P	
	Can the Boston Brace hold the progression of the curve indefinitely?	P	
	What type of brace is most beneficial and what is the optimal time spent wearing the brace.	P	
	What brace has been proven to reduce or prevent the escalation of a spinal curve?	P	
	Are hard body braces beneficial in management of scoliosis?	R	
	Does the Boston brace really work	R	
	How really effective is bracing for early onset scoliosis in children? (not worked in our case!)	R	
	What are the indications for bracing i.e. in whom is it most likely to be effective?	R	
	Does bracing help early onset scoliosis	R	
	Are flexible or rigid braces any different in effectiveness for preventing surgical intervention in scoliosis?	R	
	The effectiveness of Risser vs Metha casts	R	

	With idiopathic scoliosis - with a moderate curve diagnosed at risser 0, is bracing an effective method of treatment?	R	
	If a idiopathic scoliosis patient with a moderate curve, diagnosed at risser 0 is treated with bracing when is it 'safe' to stop wearing it?	R	
	Bracing has been proven to work following the 2013 research done in the USA. Why are some doctors still not recommending it given the evidence and why are there no independent trials being done to prove which type of bracing is more effective?	R	
	How effective is the use of Boston brace? As part of this, what percentage of patients go on to need surgery? Is it worth using the brace?	R	
	What brace is more effective - scanned or boston ?	R	
	Is their anything being done to improve the cast that babies have to wear? My son really struggles with it and I always think a cast that can be removed would be better	R	
	Which type of brace best achieves a reduction in the curve of the patient and can the best then be used in the UK?	R	
	Are lycra suits better than rigid braces?	RH	
8. What forms of postural care are most effective (standing frames, seats, sleep suits & wheelchairs) for managing early onset, neuromuscular and syndromic scoliosis?			
	Suitable equipment and chairs for children with Scoliosis	H	Katy Pedlow, Suzanne McDonough, Sheila Lennon, Claire Kerr & Ian Bradbury (2015) Assisted standing for Duchenne muscular dystrophy. Cochrane Neuromuscular Group, The Cochrane Library.
	I have some patients with a passively correctable scoliosis. Most wheelchair seats are unable to correct the scoliosis effectively leaving only a moulded wheelchair option with no correction. Is it better to use a chair with slight correction and less support or use a moulded chair which allows for the scoliosis?	H	
	What form of night postural care makes a difference in early development of scoliosis. eg sleep suit, sleep system	H	
	Are the use of postural management such as moulded seating advocated in use of neuromuscular scoliosis?	H	
	The use of sleep systems	H	
	How beneficial and user friendly are sleep systems - do parents/carers/children find them comfortable, do they find them too complex/difficult/time consuming to use?	H	
	Why is the role of posture and muscle atrophy largely ignored in scoliosis management?	H	
	What effect on quality of life does orthotic intervention for idiopathic scoliosis have?	H	
	How early professionals should introduce sleep systems	H	
	Efficacy of 24-hour postural management in the treatment & management of scoliosis	H	
	Postural management of scoliosis in electric wheelchairs- how best to support teenagers and adults to sit for extended periods of time so they can still independently drive their wheelchair	H	
	What effect does seating have on a persons scoliosis?	H	
	What impact does specialist seating make on the progression of neurological scoliosis?	H	
	What types of chair are best to use to prevent the deterioration of scoliosis?	H	
	Is there any evidence to say that using supportive seating will prevent deterioration of a scoliosis?	H	
	What are the best postural management strategies to use in preventing further deterioration of scoliosis?	H	
	In cases where the cause of scoliosis will be due to poor posture secondary to conditions such as cerebral palsy, will the use of specialist equipment, such as supportive seating/ standing frames/ sleep systems have a significant impact on the severity or even development of scoliosis.	H	
	Does the use of standing frames make scoliosis better or worse?	H	

	Doed 24 hr postural management prior to observable spinal changes make a difference to outcome in patients at risk ?	H	
	Should patients likely to develop scoliosis have wheelchair seating systems that minimise effects of gravity prior to onset of scoliosis . If so what type of seating system works best ?	H	
	Does the implementation of 24 hour postural management help to slow the progression of scoliosis in neuromuscular patients?	H	
	Is there any advice on good positions to sit and sleep to minimise discomfort?	P	
	Am I making my Scoliosis worse by sleeping on the side that pushes my neck in the same direction as the curve?	P	
	Would children with quadriplegic cerebral palsy benefit from more intensive postural management during early years	R	
	What is the best wheelchair for postural management? Is this being issued to children or are we issuing chairs driven by cost and preferred suppliers?	R	
	How do I best support my child with scoliosis posturally, to prevent deterioration? For example, whilst sitting in a wheelchair, in bed, casually sitting at home etc	R	
	Does the type of mattress children sleep on have an effect on the worsening of the condition?	R	
	Can use of good supporting cushions in wheelchairs delay the onset of scoliosis in boys with Duchenne Muscular Dystrophy?	R	
	Can scoliosis affect breathing at night and would the jacket help in sleeping better at night	R	
9. If scoliosis is diagnosed earlier, does this change the choice of treatment and/or lead to better outcomes?			Labelle, H., S. Richards, M. De Kleuver, T. Grivas, K. Luk, H. Wong, J. Thometz, M. Beauséjour, I. Turgeon and D. Fong (2013). "Screening for adolescent idiopathic scoliosis: an information statement by the scoliosis research society international task force." Scoliosis 8(17).
	Does early detection and diagnosis improve outcomes in scoliosis?	H	
	How to identify scoliosis clinically in babies and children	H	
	What is the best way to identify scoliosis early, and what is the most effective early intervention?	H	
	should there be screening done at an earlier stage when there is long term back pain to manage and prevent further damage from scoliosis and/or other back conditions?	P	
	Diagnosis of Scoliosis in Adults - my diagnosis took many years. It would be helpful if research could assist early diagnosis.	P	
	In families which have a history of scoliosis, would monitoring adolescents (girls particularly as they are more vulnerable to the condition) mean that an early diagnosis could be obtained, and if so could non-surgical therapies be provided sooner and surgery avoided?	P	
	Does early diagnosis reduce need for surgery?	P	
	Why is degenerative scoliosis not diagnosed earlier throughout a person's life?	P	
	How can neuromuscular scoliosis be more effectively diagnosed ? Most health professionals in my experience see this form of scoliosis infrequently.	P	
	Could early diagnosis before adolescence reduce the need for invasive surgery?	P	
	How to make sure that people are diagnosed as soon as possible?	P	
	Why can't there be a check for scoliosis at some stage of adulthood to find if one has it without knowing about it. Had I been properly informed that I had adult scoliosis I could maybe have taken more care of my back and kept an eye on the situation and perhaps not have had such a bad time now?	P	
	Why does degenerative scoliosis take so long to diagnose.	P	
	Does early diagnosis help prevent scoliosis progressing	P	
	How does early diagnosis help sufferers of Scoliosis and if it is so important, why is it not screened in schools?	P	
	Is there research into diagnosing Adult Scoliosis?	P	
	How can late onset scoliosis be detected early?	P	
	For people with idiopathic scoliosis, are there any internal structural markers during infancy that may identify their future curvature?	P	

	If the scoliosis had been diagnosed earlier, could exercise or physiotherapy have prevented it getting worse?	R	
	If idiopathic scoliosis is diagnosed early and corrected, would this reduce the severity of the surgery. i.e. the patient would not require two part surgery?	R	
	Does the length of time between diagnosis and surgery effect the success of correcting a curve?	R	
	for scoliosis that is only diagnosed during adolescence- is there any tests that could be carried out earlier in a child's life that will predict this is going to happen?	R	
	can scoliosis be diagnosed early before onset	R	
	Does early diagnosis of adolescent idiopathic scoliosis make any difference to the progressions rate or likelihood of surgery?	R	
	How can diagnosis be achieved earlier in adolescent idiopathic scoliosis?	R	
	Could more be done to diagnose patients earlier, especially those with idiopathic scoliosis who often get mis-diagnosed?	R	
	Does diagnosis of idiopathic scoliosis at an early stage improve outcome and prevent surgery.	R	
	Does involvement of a clinical psychologist addressing issues of body image at an early stage in the management pathway improve operative outcome and reduce the desire for cosmetic surgical correction	H	
10. How are the psychological impacts (including on body image) of diagnosis and treatment best managed?	What can help to make young people with AIS feel more confident in their appearance? ie, less crooked	H	
	will support therapy improve surgical outcome	H	
	How can people in their 20s be better supported when facing Scoliosis treatment?	P	
	How are the psychological effects of surgery and bracing managed?	P	
	I believe that doing exercises designed specifically for scoliosis, such as Pilates style, stretching and cardio work to strengthen and mobilise myself have improved my posture and general well being. (Depression is a major factor in adults.) What evidence is there to support this?	P	
	My scoliosis was diagnosed when I was 11 and since then I have undergone 9 spinal operations to treat it and help relieve my pain...! I do feel some kind of counselling or psychological support would have helped me greatly and I'm just wondering whether there is anything in place for those diagnosed, especially if they're due to hit their teenage years.	P	
	Would counselling/psychotherapy for children and teenagers focusing on body image and identity be helpful and reduce any related mental health issues?	P	
	Is there support for the emotional effects scoliosis surgery has on a person. (Mainly during the process of being weened off all the pain killers).	P	
	Why is there not more help with the mental issues (such as anxiety, depression and poor body image/self worth) that arise due to Scoliosis diagnosis in many patients?	P	
	What support is there for young adults who develop low self-esteem and loss of social confidence as a result of scoliosis?	P	
	What is the best support for someone dealing with the emotional and physical difficulties caused by scoliosis before and after surgery?	P	
	How can body image issues best be managed?	P	
	What is the most effective way of psychologically supporting a patient who is undergoing surgery as a treatment for scoliosis?	P	
	How can we help teenagers and others deal with psychological effects of a diagnosis of scoliosis?	R	
	Is cognitive behaviour therapy a useful preparatory tool for teenagers about to undergo scoliosis surgery?	R	
	What play therapy techniques best prepare young teens in the lead-up to scoliosis surgery?	R	
	How can post-operative care better incorporate the mental health needs of teenagers following scoliosis surgery?	R	

	What emotional support would be useful for adolescents dealing with scoliosis.	R	
	and emotional support what extra help can be given to kids that are struggling especially when bracing	R	
11. Can the instrumentation (rods/ implants etc) cause harm in the short or long term?	Which growing system has the least side effects and most growth?	H	
	Now that men with DMD are living longer, are we seeing problems relating to pain years after scoliosis surgery, postural adaptation through metal fatigue over time, or further surgical intervention?	H	
	How often are rods rejected by the body?	P	
	How likely are the screws and rods likely to shift post-surgery? I.e. what sort of impact is safe?	P	
	What are the long term effects of the materials used for spinal instrumentation and fusion (e.g. titanium)?	P	
	How best can a person preserve the instrumentation post surgery in order to improve longevity?	P	
	What is known about metallosis caused by using cobalt chrome and titanium metalwork during spinal fusion surgery	P	
	What are the long term implications of having a Harrington rod in my body all my life?	P	
	Do rods weaken over time?	P	
	Does having metal in the body internally do any damage/contaminate the body?	P	
	I have had 3 operations on my spine, and one through my tummy, to attach to my pelvis. First time a rod crack'd, secondly a rod broke in two places. I had to wear a brace after the 2nd op and after the 4th op. Therefore can I ask please, does this metalwork last indefinitely?	P	
	Can the metal work used in scoliosis surgery damage the spinal cord and canal?	P	
	Do the rods last a life time or will they need replaced?	R	
	What are the longer term outcome/durability of metal work/spinal fusion in terms of further surgery and pain?	R	
	why is there such a high failure rate with magnetic rods, there needs to be a better option for growing children.	R	
	If lengthening rods are used which is the best long-term option for maximum functioning and minimum pain - to have a fusion, to have the rods removed at the conclusion of growth, or to leave the rods in?	R	
	How will having the rods affect her in old age?	R	
	What are the prospects for children who have had spinal fusion in respect of rod longevity/likelihood of rod replacement or further surgery due to rod malfunction?	R	
	I'd like to know more about the but surgery and comparisons with spinal fusion or magnetic growth rods over which is better for idiopathic scoliosis	R	
	Do corrective growth rods cause any long term problems i.e. in adulthood?	U	
12. How is scoliosis affected by hormonal changes in women (puberty, pregnancy and the menopause) and does this have implications for treatment using HRT?	There appears to be links that hormonal changes in women can trigger Scoliosis. Prove. Also can hormone therapies help lessen or stop a progressive curve?	P	
	Should women with scoliosis be advised to take HRT?	P	
	How does the menopause affect women with adolescent idiopathic scoliosis, particularly those who've undergone fusion?	P	
	What can be done to help women whose fused scoliosis deteriorates post menopause?	P	
	What can I do to avoid back pain in future after the menopause changes my hormone levels?	P	
	Does pregnancy worsen scoliosis?	P	
	Does it get worse in pregnancy?	P	
	Is there a link between scoliosis and hormones in female sufferers?	P	
	Does the menopause effect scoliosis?	R	

	With clear evidence to suggest continued or new progression in a scoliosis when a woman has fluctuations in hormones ie. puberty, pregnancy and menopause, would there be any benefit if the woman was given a form of hormone therapy and what kind? Contraceptive pill, HRT or other for example?	P	
	Are hormone levels different in girls with AIS? indicator if AIS	R	
	Will scoliosis problems worsen during and after pregnancy ?	R	
	Can you clarify risk of menopause to scoliosis sufferer?	P	
	Also views on HRT and appropriate exercise	P	
	is HRT effective in limiting spurts in curve progression around the menopause?	P	
	Do pregnancy & childbirth contribute to a faster deterioration of scoliosis in later life?	P	
	Would coming off HRT and less physical work contribute to the worsening of the scoliosis (which may well have been there in a much lesser degree before it became very obvious)?	P	
	Why did puberty start my scoliosis?	P	
	What are the effects of pregnancy on scoliosis?	P	
	How often does the curve progress during pregnancy?	P	
	What effect can pregnancy have on an otherwise stable case of mild scoliosis?	P	
13. What are the most effective combinations of treatment (drugs, physiotherapy, alternative therapies) and self-management approaches (exercise, yoga) to manage pain post-surgery?			
	What is the best short and long term pain relief for a scoliosis patient both pre and post surgery?	R	
	How can we make post operative pain control better for scoliosis correction surgery?	H	
	Some young people experience significant pain and tingling after scoliosis surgery that can be debilitating, intrusive and go on for years. What can be done to prevent this from occurring and what interventions are effective?	H	
	How do can we reduce acute pain after scoliosis surgery?	H	
	Is physiotherapy beneficial in reducing post surgical pain following the correction of an idiopathic scoliosis?	H	
	What is the most effective form of physiotherapy for peri-scapular pain following surgical correction of Adolescent Idiopathic Scoliosis?	H	
	What is the best way to manage pain after scoliosis surgery?	H	
	What is best way of managing pain that occurs as a result of postural deformity in those with scoliosis in association with NMD, especially post spinal fusion?	H	
	is physiotherapy pre- and post- operative scoliosis surgery effective in reducing back or shoulder pain?	H	
	Is there a way you can help with long term post operative pain?	P	
	What is the best way to manage pain after Harrington rod surgery?	P	
	What are the effects of Pilates on pain management and recovery post surgery?	P	
	How to manage with the pain and discomfort on a daily basis. After surgery, it was incredibly difficult to obtain the right pain relief.	P	
	I have congenital scoliosis and have had a fusion and Harrington rods in and taken out at my last consultation the surgeon said there was nothing he could do for me, so therefore it's just about managing the pain. My question is how can I manage the pain without taking so many pain killers?	P	
	What sort of exercise is most useful for pain management following scoliosis correction?	P	
	Are there any exercises one can do to prevent less pain as become older when one has a Harrington rod.	P	
	Do complementary therapies help with the pain management of post surgery scoliosis?	P	
	Which complimentary medicines and exercises can help reduce pain in patients that have had corrective surgery and continue with pain?	R	
	Is Pilates effective for pain management post surgery?	U	

14. What are the long-term effects of bracing for children and adolescents (physically and emotionally)?	Having undergone bracing in my teens is there a case for this to be re-assessed due to the psychological effects it can have, especially in respect of low self esteem and overall mental health?	P	Stefano Negrini, Silvia Minozzi, Josette Bettany-Saltikov, Nachiappan Chockalingam, Theodoros B. Grivas, Tomasz Kotwicki, Toru Maruyama, Michele Romano & Fabio Zaina (2015) Braces for idiopathic scoliosis in adolescents. Cochrane Back and Neck Group, The Cochrane Library.
	What long term data is gathered about idiopathic adolescent scoliosis sufferers that have been braced, and their long term spinal health, pain and mobility as they age.	P	Danielsson AJ, Hasselius R, Ohlin A, Nachemson AL.(2010) Health-related quality of life in untreated versus brace-treated patients with adolescent idiopathic scoliosis: a long-term follow-up. Spine 15;35(2):199-205.
	What are long term (adult)outcomes in individuals with idiopathic scoliosis who have been braced as teenager?	P	Danielsson AJ1, Nachemson AL. 2003 Back pain and function 22 years after brace treatment for adolescent idiopathic scoliosis: a case-control study-part I. Spine. 28(18):2078-85; discussion 2086.
	How is a spine ever going to stack normally after bracing given that whatever you have managed to do for the muscles , on removing the brace, the vertebrae are still misshapen from years of curvature having changed their form, and simple gravity will return them to their positions?	P	Danielsson AJ, Hasselius R, Ohlin A, Nachemson AL. (2012) Body appearance and quality of life in adult patients with adolescent idiopathic scoliosis treated with a brace or under observation alone during adolescence. Spine 20;37(9):755-62.
	What are the complications of bracing (specifically on the loss of strength and flexibility in the trunk and on a child's development - emotionally, physically).	R	
15. What are the most effective combinations of treatment (drugs, physiotherapy, alternative therapies) and self-management approaches (exercise, yoga) to manage the pain caused by scoliosis (pre-surgery)?			
	What is the most successful management of pain in older people with scoliosis?	C	
	Best analgesic regime for : AIS Neuromuscular /CP scoliosis	H	
	There is evidence to show that yoga can help back pain - can it also help back pain and posture in scoliosis patients?	H	
	Is physiotherapy effective in reducing back pain associated with scoliosis?	H	
	How can patients, carers and health professionals minimise the problems caused by scoliosis, especially pain, and respiratory symptoms?	H	
	Is Physiotherapy effective in helping with posture related Pain In scoliosis?	H	
	Can physiotherapy exercises influence pain and functional outcome in adolescent idiopathic scoliosis management ?	H	
	Does the use of a Brace/Orthosis significantly reduce pain or improve long term outcomes?	H	
	Do spinal jackets have a role in management e.g. in helping with pain, and if so which design is best?	H	
	is physiotherapy pre- and post- operative scoliosis surgery effective in reducing back or shoulder pain?	H	
	Long term pain relief after scoliosis correction vs no surgery	H	
	Will massage (regularly) or hot stone therapy help shoulder/neck pain?	P	
	Alternative therapies to surgery i.e. With patients with long-term pain. Physiotherapy is often not sufficient, yet specialists don't often recommend chiropractor/acupuncture treatment. What else can assist/help patients?	P	
	Improve Pain Management for scoliosis sufferers in later life (50+)	P	
	Is physiotherapy effective for adults with scoliosis (in terms of pain reduction and improved symmetry)	P	
	What are the best combination of painkillers recommended for (1) moderate pain and (2) severe pain?	P	
	A yoga pose, being suspended upside down from the thighs and legs against a wall, has been quoted as being 'good' to ease resulting back pain caused by scoliosis. What evidence is there to support such a treatment as being effective as reducing back pain caused by scoliosis?	P	
	What is the latest thought in pain management for adults with scoliosis, when surgery isn't an option?	P	
	Will the likes of yoga and pilates help to curb the progression of scoliosis curves, or just potentially relieve pain/stiffness?	P	
	What support can yoga give to those who suffer pain and also can it work towards bring the spine back towards alignment perhaps helping to avoid surgery?	P	
	What support can chiropractic give to those who suffer pain and also can it work towards bring the spine back towards alignment perhaps helping to avoid surgery?	P	

	Can regular ongoing physiotherapy help the chronic pain of older scoliosis sufferers (>35yr)?	P	
	Does targeted, intensive physiotherapy (e.g. ScolioGold method) have short and long term benefits in terms of pain and / or appearance, compared to no physiotherapy?	P	
	Is physiotherapy after corrective surgery advisable for improving pain outcomes in the long term?	P	
	What is the best pain medication for scoliosis?	P	
	How can mobility be maintained in a person of older age who also has severe pain?	P	
	What ways, other than medication, can ease back pain caused by scoliosis?	P	
	the best pain treatment for adults with scoliosis	P	
	What is the best way to handle the pain that comes from scoliosis _ particularly in later life?	P	
	I am sure most of us with scoliosis suffer with some sort of back pain. What is the best treatment to help ease this pain and stop it getting worse as we get older?	P	
	Could a set of specific exercises be developed to help maintain posture and ease pain?	P	
	What methods of physiotherapy at home/workplace can help reduce back pain and maintain good posture?	P	
	Other pain relief options other than surgical ones for scoliosis patients .	P	
	There is anecdotal evidence from users in Canada that Sativex, the medical marijuana spray, may help scoliosis patients suffering pain in the UK. Would this not be a healthier option than the daily use of strong narcotics and opioids to manage pain?	P	
	Mindfulness meditation and relief of pain and anxiety in relation to scoliosis?	P	
	How effective are complementary therapies in limiting scoliosis curve progression and in managing impact in adulthood, e.g. physiotherapy and conservation of lung function? physiotherapy/acupuncture/yoga/aqua therapy in limiting pain?	P	
	I am taking pain killers daily, up to 1grm Codipar (500/15) and up to 60mgrm of Dihydrocodeine. I don't think that paracetamol helps, but the codeine does ? but has side effects. Can I go on 'ad infinitum' taking these drugs, with a possible increase as the condition gets worse.	P	
	Do massage therapies from an osteopath help ex-patients that had early onset scoliosis but are now entering middle age and are now having problems with back pain, etc.	P	
	What is the most effective pain management for adult idiopathic scoliosis?	P	
	Recommendation for treatment that helps to relieve the pain.	P	
	Is there an electro therapy that is proven to give good results in relieving scoliosis pain?	P	
	With regards to pain management, are there any complementary therapies which could assist in pain control rather than relying on strong painkillers?	P	
	My pain management involves Zapain 30/500 daily and Amitriptyline at night. Is there a more effective long term pain management plan?	P	
	Are there any developments for long term pain relief?	P	
	Why do some people still suffer with abnormal back pain in the long term and is there any treatment which is effective.	P	
	Management of Pain affected to scoliosis?	P	
	How to manage chronic back pain?	P	
	Can surgery treat chronic back pain related to scoliosis?	P	
	Does adult bracing (e.g with a SpineCor brace) on a person with a partially fused spine with metalwork have a long term positive impact on pain relief? I've been wearing a SpineCor brace for about 5 months now. The plan is to wear it for two years. I'm wondering what will happen after my two years is up.	P	
	Does physiotherapy in patients with scoliosis improve long term pain issues?	P	

	What are the best options for long term pain management in Scoliosis patients?	P	
	what is the best pain relief to use for scoliosis	P	
	How can pain and discomfort be treated without pill popping?	P	
	Why is there no effective pain management for trapped nerve(s) in degenerative kypho-scoliosis?	P	
	What are the best treatments for coping with pain when I pull a muscle in my lower back region as a result of having scoliosis?	P	
	I have experienced pain relief through osteopathy and physiotherapy, but can these be seen as a long term solution to pain management?	P	
	How do you prevent too much back pain and deal with sharp needle pains in the neck and back	P	
	Can physiotherapy support people manage chronic pain associated with scoliosis?	P	
	What is the best way to relieve pain caused by scoliosis?	P	
	What are the best methods of pain relief? E.g. Painkillers, exercise, massage	P	
	are there daily things (or lifestyle changes) the child can make to reduce the severity/pain of the scoliosis	P	
	Does Pilates help with scoliosis pain management?	P	
	Which class of pain relief is the most effective in scoliosis?	P	
	What are the most effective pain treatments for scoliosis?	P	
	Can physiotherapy help patients who experience back pain due to their scoliosis?	P	
	What has research shown it has found re pain management	P	
	What occurring/common problems of pains they experience the most and how to treat those?	P	
	How can chiropractic treatment help with pain and muscle spasms?	P	
	How does spinal surgery impact on pain management throughout the patients life?	P	
	Does Physio help relive pain pre op?	PR	
	What are the best forms of pain relief for pre op adolescents?	PR	
	What is the best form of exercise/non surgical treatment to relieve back pain?	R	
	What are the best methods of pain relief, both physio/exercise and pharmaceutical?	R	
	what is the most effective strategy for reducing pain in adults with Scoliosis	R	
	What evidence is there for various treatments and therapies that older patients e.g over 60, with scoliosis may try to use to ease pain etc E.g Painkillers, acupuncture, massage, pilates, braces etc Which treatments are most effective.	R	
	What pain relief options work best for teenagers who cannot wear a brace / are not candidates for an operation?	R	
	Is osteopathy and chiropraty effective in helping with symptoms and pain?	R	
	Does pain stop after surgery?	R	
	Does surgery for scoliosis improve/relieve back pain?	R	
	What treatments are effective in managing pain for young people with adolescent idiopathic scoliosis.	R	
	Pain management	R	
	What is the best short and long term pain relief for a scoliosis patient both pre and post surgery?	R	
	If someone is diagnosed with scoliosis, would it be beneficial pre surgery for a physiotherapist to give advice on sitting and lying positions to help not hinder the pain and progression of the condition?	R	
16. What are the psychological impacts (including on body image) of scoliosis and its treatment?	What angulation is significant enough to mention a scoliosis to a patient. Can a diagnosis of "mild scoliosis" be psychologically damaging?	H	Rushton PR, Greivitt MP. What is the effect of surgery on the quality of life of the adolescent with adolescent idiopathic scoliosis? A review and statistical analysis of the literature. Spine 2013; 38(9): 786-794
	What is the psychological impact of bracing children that have been shown and known to have a curve progression that will likely require surgery?	H	Danielsson AJ, Hasserius R, Ohlin A, Nachemson AL. (2012) Body appearance and quality of life in adult patients with adolescent idiopathic scoliosis treated with a brace or under observation alone during adolescence. Spine 20;37(9):755-62.
	What are the psychological consequences of long term halo traction and staged surgery on young children with severe scoliosis deformities?	H	Psychiatr Danub. 2016 Dec;28(4):357-362. Idiopathic Scoliosis from Psychopathological and Mind-Body Medicine Perspectives. Talić G1, Ostojić L, Bursać SN, Nožica-Radulović T, Stevanović-Papić Đ.
	What are the long term psychological effects of having scoliosis surgery	H	

	What are the psychological consequences for people who suffer with scoliosis, and in particular those that have a protruding shoulder blade?	P	
	How strong is the likelihood of a person suffering with scoliosis, going on to fall into depression?	P	
	How do you cope with the pain of scoliosis and adjustments to everyday activities	P	
	Is depression common in scoliosis patients? If so, then maybe there needs to be more psychological care offered to scoliosis patients as well as the physical aspect of care.	P	
	What is the psychological impact of untreated scoliosis where the cosmetic deformity is quite visible?	P	
	'The psychological effect on people' I have felt inferior for years due to my shape. I do not enjoy buying clothes.	P	
	Does it have an effect on you mentally?	P	
	How is body image affected by scoliosis?	P	
	better understanding the impact of scoliosis diagnosis on body image and self esteem - is there a link?	R	
	The emotional and psychological effects prior to, and following spinal fusion corrective surgery for Scoliosis.	R	
	For individuals where it has become apparent through adolescence no known cause, for the individuals can research be done upon the psychological impact post operatively?	R	
17. Would there be benefits to screening children/ young people for scoliosis? How could this be done?	Both 'small' and 'large' scoliotic curves are associated with an increased incidence of back pain. Is there a role for screening to identify these individuals for special treatment?	H	Fong, D., C. Lee, K. Cheung, J. Cheng, B. Ng, T. Lam, K. Mak, P. Yip and K. Luk (2010). "A Meta-Analysis of the Clinical Effectiveness of School Scoliosis Screening." Spine 35(10): 1061-1071.
	What screening test or measurements best indicate a progressive scoliosis in a very young child.	H	Labelle, H., S. Richards, M. De Kleuver, T. Grivas, K. Luk, H. Wong, J. Thometz, M. Beausejour, I. Turgeon and D. Fong (2013). "Screening for adolescent idiopathic scoliosis: an information statement by the scoliosis research society international task force." Scoliosis 8(17).
	Is there a screening process in schools for scoliosis?	H	Ehrmann Feldman D, Beausejour M, Sosa JF, Goulet L, Parent S, Labelle H, Quebec Scoliosis Society and Canadian Pediatric Spinal Deformities Study Group. Cost effectiveness of school screening for scoliosis: a systematic review. International Journal of Child and Adolescent Health 2014; 7(1): 7-13
	Is there any benefit to restarting a school assessment process to pick up early curves in early teens ?	H	
	Is it possible to identify scoliosis through screening	H	
	Should a screening program for IS be reintroduced into schools?	H	
	Should we bring back school scoliosis screening? Now we have efficacious treatments like bracing and Vertebral Body Tethering, and vertebral Body Stapling, there is a rationale for early diagnosis and treatment.	H	
	What modalities could be employed to identify Idiopathic Scoliosis early in UK Children?	H	
	Is there any benefit from early diagnosis and screening for scoliosis in schools?	H	
	Given that there are now more treatment options available, should we consider a return to school screening?	H	
	The re-introduction of school screening to detect small curves and enable the initiation of treatment with scoliosis-specific exercises early on.	H	
	I want to know how in future, children will be better screened for scoliosis? As my doctors really should have picked up on it when I was 14 and having physiotherapy for two legs with different lengths.	P	
	When I was working as a Podiatrist I went in to local schools to check the children for problems with development in the lower limb and found a number of children with previously undiagnosed scoliosis. Do you think this kind of intervention should be encouraged nationwide?	P	
	More screenings and information available to schools and awareness made more available .	P	
	Is there any proposed screening for scoliosis in schools and clinics?	P	
	How can the diagnosis of scoliosis become more routine?	P	
	Why isn't scoliosis tests mandatory in primary schools?	P	

	How does early diagnosis help sufferers of Scoliosis and if it is so important, why is it not screened in schools?	P	
	My scoliosis was found by accident, why do doctors not check for it	P	
	Why is there no compulsory screening for scoliosis?	P	
	Why is the Adams Forward bend test not compulsory in school aged children to spot Adolescent Idiopathic Scoliosis and begin treatment sooner?	P	
	More research about diagnosing scoliosis. I am sure they check on teenagers in other countries but they don't here. I was not diagnosed with congenital scoliosis until the age of 30, despite undergoing supposed "extensive" medicals for jobs.	P	
	Would national screening for scoliosis in children mean less complications/severity in adulthood?	P	
	What has been the long term difference in outcomes for people who received a scoliosis diagnosis following screening in secondary schools in the UK compared with those who received the same diagnosis following self-referral for a back problem?	P	
	Why isn't scoliosis screening still happening within schools?? This is a key area that needs to be addressed fast!	P	
	At what age can scoliosis start to be screened for?	P	
	Would early monitoring in schools increase diagnosis of abnormal spinal development resulting in effective treatment being received earlier, raising awareness and reducing the need for surgery.	PR	
	Why is there no preventative regular check up by GP for children, especially during adolescence as this could aid early detection and general knowledge?	PR	
	Should children be tested for scoliosis in school?	R	
	Would screening for scoliosis enable early interventions which could prevent deterioration?	R	
	would screening adolescents help to detect scoliosis?	R	
	Can early diagnosis through school screening, followed by bracing, lead to a reduction in the need for surgery?	R	
	Should there be a program in schools or at GP's that tests for the condition ?	R	
	Should some form of screening be introduced to schools to pick up scoliosis	R	
	Why doesn't scoliosis screening take place?	R	
	Young teens have routine appointments for injections etc, is there a way to build in screening for scoliosis?	R	
	Would a national screening programme say in primary schools be helpful?	R	
	Could children be checked at school again to pick scoliosis up earlier?	R	
	Do you think more cases of scoliosis would be diagnosed sooner if there was regular screening in schools for it (ie P1, P7 and S2)	R	
	Can Scoliosis be screened in Primary and Secondary Schools?	R	
	Can babies not have screening for earlier diagnosis?my son was 16	R	
	Would it be possible to get children assessed/checked in school for scoliosis?	R	
	In the case of adolescence scoliosis should there be a national screening of all teenagers to diagnose it earlier - therefore reducing the need for surgery?	R	
	Can routine tests be introduced at schools to check for scoliosis? It was found by accident in my daughter when she was 10 yrs old by a nurse practitioner but if she hadn't noticed it we wouldn't have known.	R	
	Why is there no screening for scoliosis for teenagers in school?	R	
	Why isn't scoliosis screened for in children's school health checks in the UK like it is in the US, surely the earlier it's diagnosed the better for the patient?	R	
	Would a national screening programme detect Scoliosis at an earlier stage	R	
	Does routine school age screening for scoliosis lead to better outcomes for children with adolescent idiopathic scoliosis?	R	
	Our daughter is 12 and has Adolescent Idiopathic Scoliosis - it seems to be a lot more common that we thought and particularly in girls who seem to have similar slim builds. Why then, is there NO checks in place for girls via their GP at ages 10, 11, or 12?	R	

18. When and how does scoliosis affect other parts of the body to cause additional symptoms?	Does scoliosis cause lower back pain	H	
	How do different degrees of scoliosis impact on respiratory function?	H	
	What proportion of children with idiopathic scoliosis have associated back pain and is the scoliosis the root cause of the pain?	H	
	To what extent are hip discolcation and scoliosis linked in neuromuscular conditions?	H	
	At what point (Cobb angle) does scoliosis impact on respiratory function	H	
	Does the degree of scoliosis relate directly with decreasing respiratory function?	H	
	How is Jaw function affected by scoliosis?	P	
	Headaches?	P	
	How is speech affected by scoliosis?	P	
	Scoliosis bend in my neck produces weak muscles on one side of my face and neck , producing many various symptoms . Has this been researched ?	P	
	Scoliosis and EDS often go together, what are the dangers of asymetry in the body and the wear and tear on the skeleton?	P	
	Has there been any research on the effects of scoliosis on knees, ankles or other joints that bear uneven weight due to the curvature?	P	
	What long term effect does scoliosis has on lungs and respiratory function?	P	
	What are the long term health problems experienced by people with Scoliosis	P	
	What is the effect on internal organs when body shape is changed by scoliosis	P	
	How does scoliosis effect the pelvis in patients with hip issues, for example hip dysplasia from birth.	P	
	Look at how scoliosis effects asthma and lung capacity.	P	
	During the early part of this year I suffered from breathlessness & have a slow pulse. I'd like to know for further reference if the condition can cause it.	P	
	The fact that my chest is 'squeezed' probably means my lung and heart functions are (badly?) affected. Is this dangerous?	P	
	Does Scoliosis cause pain?	P	
	What effect does Scoliosis have on the whole body?	P	
	is there a huge link between scolosis and lung disease and asthma	P	
	What are the long term implications of poor respiratory function with scoliosis.	P	
	How will ageing with scoliosis impact on other areas of my health?	P	
	As the s-shaped curve progresses, what is the potential impact on internal organs, in particular those in the squashed side of the lower back?	P	
	Are migraines linked to scoliosis?	P	
	Is there a link between scoliosis and migraines?	P	
	What are the impacts on body organs	P	
	In what way can scoliosis affect digestion and/or cause stomach problems?	P	
	In what way does scoliosis cause neck problems with neurological complications?	P	
	I have quite a few health problems (chronic kidney condition, hypertension, bowel problems which resulted in emergency surgery six years ago) and wondered if it is common for scoliosis sufferers to have other/multiple health problems? If so, is there any explanation/reason for this?	P	
	Is it normal to have reduced lung capacity and	P	
	What is the impact on the heart and lung function as someone with scoliosis ages?	P	
	As someone with scoliosis ages, how likely is it s/he will experience dysphagia?	P	
	Will it have a knock on affect to other parts of my body?	P	
	Can scoliosis be linked to migraine? My scoliosis also causes referred problems in my neck and I wonder if this is causing my migraine?	P	
	Can you measure the pain caused by scoliosis? I have been told by medical professionals that it doesn't cause pain. It does!! Would like you to prove this	P	
	Why do some people still suffer with abnormal back pain in the long term and is there any treatment which is effective.	P	
	Pain with Scoliosis and how this may affect the rest of the spine / body?	P	
	What long-term complications are associated with having scoliosis?	P	

	Why does it cause headaches?	P	
	Why does it sometimes effected my breathing?	P	
	what are the additional effects of scoliosis?- for example: my sister and I have a scoliotic spine - We both stumble often, fall frequently, and both have problems with our knees, have arthritis in my spine and lower back, whilst my sister has problems with her digestion. My singing and breathing are also affected. I am currently experiencing problems with my feet.	P	
	Is it inevitable that scoliosis will lead to breathing problems?	P	
	Does having a lumbar curve in women increase the likelihood of endometriosis on the shorter, compressed side?	P	
	Does scoliosis cause pain?	P	
	Can Scoliosis affect running in terms of sore hip on one side of the body and can it affect breathing in the lungs? .	P	
	Should people with scoliosis be given more guidance on how the skeleton can impact on the internal organs?	P	
	Why do doctors/ consultants say scoliosis doesn't cause pain when patients say it does??	P	
	What affect does a backward curve of the spine have on your hips, legs shoulders and neck.	P	
	Will scoliosis affect my heart at all?	P	
	Many places say that scoliosis causes no pain. Where do the pain symptoms come from?	P	
	Is the severe back pain experienced whilst having scoliosis caused by the degree of the curve growing?	P	
	How will the condition affect me as I get older?	P	
	What effects does scoliosis have on other parts of the body	P	
	What other problems may one experience later in life as a result of congenital Scoliosis?	P	
	Complications of sciosis	P	
	Can scoliosis affect heart and lungs?	P	
	What types of curves generate the most pain?	P	
	Why do adults with scoliosis have so different pain experience?	P	
	What occurring/common problems of pains they experience the most and how to treat those?	P	
	Does silicosis get worse with age	P	
	Is my hip pain because of scoliosis ?	P	
	Does adult idiopathic scoliosis with Cobb angle above 50 degrees affect lung and heart function?	PR	
	Does scoliosis affect other parts of the skeleton besides the spine in ways that are not yet fully recognised? I.e assymetry, the jaw, bone density,	PR	
	If left untreated, what degree of pain or types of pain can be caused by scoliosis (I'm thinking of referred pain here which you would not naturally associate with scoliosis)?	R	
	Why do some people suffer with other conditions /issues whom have scoliosis like depression,anxiety ,several back pain ,weakness in kness and sometimes slight hips and pelvis out of line with the other side ?	R	
	does having scoliosis have any bearing on whether someone will develop abscesses on their back?	R	
	Will the back pain ever go away?	R	
	Is there any evidence to demonstrate the idiopathic scoliosis is a pain free condition?	R	
	Why is no research done on restricted lung defect in middle age owing to adolescent scoliosis?	R	
	Does idiopathic adolescent scoliosis cause pain?	R	
	Will it get worse with age? (PAIN)	R	
	Is there a link between scoliosis and post prandial hypotension in the elderly who have had scoliosis since their teens?	R	

	Can internal organs such as heart and lungs be damaged by progressive curve and poor posture?	R	
	Why do some dr & consultants say scoliosis doesn't cause pain yet sufferers will say different?	R	
	My daughter has neuromuscular scoliosis in lower part of spine can this cause difficulties in breathing as her breathing is heavy...	R	
	Does scoliosis cause you back pain, as my daughter arches her back alot she is only two..	R	
	What implications scoliosis can cause on Different organs	R	
	Does scoliosis cause back pain in children	R	
19. How is scoliosis linked to other conditions (e.g. osteoporosis, connective tissue disorders, arthritis)? What impact do those conditions have on progression and vice versa? What are the implications for treatment and screening?			
	In children with neurodisability, does osteopenia/osteoporosis play a role in the development of scoliosis and subsequently does it effect morbidity/sequelae during the process of surgical internal fixation in the short and long term?	HR	
	What is the relationship between scoliosis and osteoporosis? Should there be a different threshold for osteoporosis treatment in someone with scoliosis?	P	
	Does the occurrence of scoliosis increase the risk of other diseases?	P	
	Does the prevalence of spinda bifida occulta lead to an increased risk of scoliosis?	P	
	Is there a correlation between irregular gait and adolescent idiopathic scoliosis?	P	
	Scoliosis linked to any other deformities	P	
	Is degenerative disc disease more common in those who already have scoliosis or those who have had spinal surgery?	P	
	What is the link between Scoliosis and pectus excavatum?	P	
	Is there a link between scoliosis and hyper mobility and/or arthritis?	P	
	Is scoliosis likely to make osteoporosis more of a problem?	P	
	Is there a link between Scoliosis and hypermobility (so-called double jointed people)?	P	
	What is the link between idiopathic scoliosis and hypermobility?	P	
	Is scoliosis linked to Paget's disease?	P	
	Is there a link between degenerative Scoliosis and osteoporosis?	P	
	Is there a link between adult/degenerative scoliosis and osteoporosis?	P	
	Are scoliosis patients more likely to suffer from arthritis and osteoporosis and, if so, what measures can be taken to reduce or delay their onset?	P	
	Is there any evidence to support the theory that there is a link between scoliosis and osteoporosis.	P	
	I was also diagnosed with osteoporosis where the curvature is. Is there a connection between scoliosis and osteoporosis?	P	
	What are the risk factors for scoliosis e.g. hypermobility	P	
	Is there any link between asymmetrical teeth development and orthodontic treatment and the development of scoliosis?	P	
	Could my diagnosed scoliosis have anything to do with my osteoporosis which came to light only after a lot of pain and being sent for a bone scan.	P	
	Is there a link between osteoporosis and degenerative scoliosis	P	
	Is there a heightened risk of osteoporosis in scoliosis sufferers?	P	
	Are EDS and scoliosis linked?	P	
	Is there any link between scoliosis and other conditions such as costochondritis, depression or cancers related to exposure to radiation during repeated X-Rays?	P	
	Is there a connection between scoliosis and chd.	PR	
	Is anyone researching a link between young children with certain heart conditions who later develop Scoliosis?	R	
	What is the connection between scoliosis and collagen issues with the skin?	R	
	Have you looked at any link of scoliosis with hypo mobility ?	R	
	Is there a link between hyper mobility and scoliosis?	R	
	What is the impact or association of connective tissue disorders on congenital scoliosis.	R	

20. When is surgery best for different types of scoliosis, and what factors influence its success?	What are the best clinical indicators for when to refer to a spinal surgeon?	H	Daniel KL Cheuk, Virginia Wong, Elizabeth Wraige, Peter Baxter & Ashley Cole (2015) Surgery for scoliosis in Duchenne
	Wheel chair dependent children are at risk of developing progressive and painful scoliosis. When is the best time to operate? Early before the curve is severe or late when a severe curve is already established?	H	Gerian Huitema, Paul C Willems, Lodewijk van Rhijn, Jos Kleijnen & Christopher I Shaffrey (2014) Anterior versus posterior spinal correction and fusion for adolescent idiopathic scoliosis. Cochrane Back and Neck Group, The Cochrane Library.
	In patients with complex needs and scoliosis, which preoperative factors can predict outcome? This is useful in order to make informed decisions in risk vs benefit to patients and families.	H	Ledonio CG, Polly DW, Crawford CH, Duval S, Smith JS, Buchowski JM, Yson SC, Larson AN, Sembrano JN, Santos ER. Adult degenerative scoliosis surgical outcomes: a systematic review and meta-analysis. Spine Deformity 2013; 1(4): 248-258
	What angle should surgery be considered in idiopathic scoliosis?	H	Sardar ZM, Ouellet JA, Fischer DJ, Skelly AC. Outcomes in adult scoliosis patients who undergo spinal fusion stopping at L5 compared with extension to the sacrum. Evidence-Based Spine-Care Journal 2013; 4(2): 96-104
	Are boys with DMD who continue being able to walk into their teens with or without KAFOs less likely to develop scoliosis and therefore require spinal surgery?	H	Surgical correction of scoliosis in children with spastic quadriplegia: benefits, adverse effects, and patient selection. Legg J1, Davies E2, Raich AL3, Dettori JR3, Sherry N3. Evid Based Spine Care J. 2014 Apr;5(1):38-51.
	Patients with scoliosis when is surgery most effective?	H	Orthop Traumatol Surg Res. 2015 Feb;101(1 Suppl):S109-18. doi: 10.1016/j.otsr.2014.06.032. Epub 2015 Jan 23. Early-onset scoliosis: current treatment. Cunin V1.
	are issues of aesthetics and self-image more important in the decision to have surgery than the size of the curve and any physical/functional consequences in idiopathic scoliosis?	H	
	What factors predict upper thoracic/inter-scapular back pain following scoliosis surgery?	H	
	How do we select adults, especially older patients, who will benefit from surgical treatment for scoliosis?	H	
	Does Early scoliosis surgery in DMD have any extra benefit?	H	
	At what stage of scoliosis should you refer to a spinal surgeon?	H	
	What is the rate complications of scoliosis corrective surgery in the Neuromuscular patient group?	H	
	What is optimal time for surgery in EOS	H	
	When is the right time to intervene with surgery in the neuromuscular population	H	
	What is the best form of treatment for early onset scoliosis? Is bracing better than growing rods/MAGEC systems?	H	
	What are the risk factors for neck/shoulder pain after scoliosis correction?	H	
	Does Vertebral Body Tethering induce remodelling of Intervertebral Discs to produce a permanent correction. If so, is there an age limit.	H	
	What are the surgical indications in adult spinal deformity	H	
	What is the optimum cost benefit balance in surgery for AIS	H	
	Due to steroid therapy, less DMD patients are requiring scoliosis surgery in the paediatric service. Does scoliosis continue to develop into adulthood? Are we going to see an adult population requiring scoliosis surgery but are too frail / ill to undergo? Do adult services even undertake scoliosis surgery around the UK?	H	
	Can we refine and identify high risk patients?	H	
	In DMD if a child/YP is developing a scoliosis when is the optimal time/measurement for referral for spinal surgery? I am a neuromuscular physiotherapist who sees the children in muscle clinic.	H	
	What is the best operative strategy for growing rods/surgical correction in pre pubertal children with scoliosis in association with NMD?	H	
	In the event of hip deformity and scoliosis in association with NM disease, which problem is best managed first?	H	
	Is Scoliosis surgery for cosmetic purpose or can we advice surgery	H	
	In degenerative scoliosis, is decompression, short fusion, or long fusion the best treatment option?	H	
	In degenerative scoliosis, which treatment offers the best long term outcome? Surgery? Conservative/rehabilitation?	H	
	Surgery for the adolescent idiopathic Scoliosis Patients after Skeletal maturity: now or later?	H	
	if any further research has been done or will be in the best moment to operate	P	
	Is surgery to correct scoliosis as successful in older patients as it is in younger patients? Is age an issue when corrective surgery is being considered?	P	

	What diagnostic tests are mandatory in diagnosis and determining suitability for scoliosis surgery in adults? I am aware of Cobb angles.	P	
	When does surgery become the best option for correcting scoliosis? Does a curve have to reach a certain degree or from a psychological point of view should the patient be able to make an informed decision as to when their curve is 'bad' enough?	P	
	In what patient group is surgical correction most effective	P	
	How severe does scoliosis have to be in order to need treatment?	P	
	What age is the maximum for surgery?	P	
	Is there a way of telling if a brace is going to work or whether it's best to go straight to surgery option?	P	
	How successful is surgery to correct scoliosis curvature in adults aged 30 and over?	P	
	Is there a maximum age for having surgery and does the success rate decrease as one gets older?	P	
	In adult scoliosis at what stage should surgery be considered?	P	
	What is the optimal age for surgical intervention?	P	
	Is there an age restriction to when surgery is no longer advised?	P	
	When might surgery for adults with degenerative scoliosis be recommended?	P	
	How long after diagnosis and initial treatment do people have surgery?	P	
	Why is it made out that surgery has to be done even though it isn't necessarily the best thing in some cases	P	
	When's the right time to have surgery on your back	P	
	If a patient has a neuromuscular condition and scoliosis is linked to that condition, then can a mages rod be inserted before scoliosis occurs?	P	
	Is the Spinal Fusion operation beneficial?	P	
	Is surgery the only option for severe scoliosis?	P	
	How beneficial is corrective surgery in later life, 40 and over?	P	
	Apart from severe cases where extreme deformity causes great psychological trauma, is the use of the Cobb angle of 45 degrees always a justified medical indication for adolescent idiopathic surgery if long-term follow-ups of untreated patients seem to indicate that the consequences over a lifetime of Adolescent Idiopathic Scoliosis (except for cosmetic deformity) are minimal?	P	
	Are there nutritional factors that correlate with a lack of fusion after surgery, such as alcohol use or vitamin deficiencies?	P	
	How common is thoro-columbar fusion (with TFIL) so as to secure a degenerative spine and adult-onset scoliosis - in later life (surgery at c. age 70) - and with what balance of benefits/disbenefits?	P	
	Is spinal correction more complicated in a patient with EDS ?	P	
	With a double curve, where a thoracic curve is adolescent idiopathic and the lumbar curve is degenerative, does surgery have a better outcome if only one curve is treated?	P	
	How can I as a parent be 100% sure that spinal fusion surgery is the only option	PR	
	Does putting off spinal fusion result in more sections requiring fusion	R	
	Is it best to finish growth before having spinal fusion to maximise height?	R	
	At what Cobb angle (or other measure) in AIS is deterioration proven to continue, and therefore surgery definitively recommended?	R	
	In patients with idiopathic scoliosis, what degree of curvature would indicate that surgery was unavoidable for their future health?	R	
	What is the most effective age at which to have a surgical corrective procedure?	R	
	Could more guidance be given as to when surgery is absolutely necessary and when bracing would be effective in borderline cases?	R	
	For congenital scoliosis with hemi-vertebrae's is surgery always the option and how best can this be carried out without natural fusions occurring?	R	
	How successful for scoliosis surgery be in a person over 60?	R	
	Is surgery more successful if carried out before curves reach a certain point?	R	
	Best time to operate (onset in teenage years)	R	

	Would earlier treatment (surgery) result in a better (straighter) outcome for patients	R	
	Is it better to have operation when younger?	R	
	In an ideal world what is the best degree of curve to operate on i.e. when is it considered to have progressed too far in terms of a good outcome?	R	
	Is early/ later surgery the best thing to do?	R	
	What options are available to which degrees of curvature? ie is surgery generally accepted as the best option when the curve is over 40 degrees?	R	
	If scoliosis risk is a major factor in neuromuscular disability and the development is already detected, would it be better to use rod surgery earlier to prevent rather than cure a complex curve?	R	
	Progression of scoliosis. Is there an angle of scoliosis that if surgery is not done the progression is minimal. In other words do the benefits of surgery not outweigh the risks when the degree of curvature is below a certain amount.	R	
	How young do they operate from and does it cause poor coordination	R	
	Is surgery the best answer?	R	
	Is there an optimum age for surgery to maximise long term quality of life?	R	
	What is the best age / stage / bone age for successful fusion?	R	
	What's the evidence for surgery for curvatures of the spine in adults?	R	
	Which patients benefit from surgery for spinal curvatures in adults?	R	
	Is surgery the best treatment for spinal imbalance?	R	
	Is a 41 degree curve severe in infant, and when would they normally operate	R	
	Idiopathic adolescent scoliosis is often picked up late and surgery offered almost at first consultation. How does this influence the longterm outcome of surgery?	RH	
21. Is physiotherapy cost effective in the treatment of scoliosis, in terms of reducing other NHS service use/ future complications?	[extensive physiotherapy] and is it cost effective in terms of reducing other NHS service use / future complications	P	
22. What are the best ways to care for people with scoliosis in the long-term, after surgery?	Once spinal surgery has been undertaken for adolescent idiopathic scoliosis - should outpatient physiotherapy be given?	H	Fletcher ND1, Shourbaji N, Mitchell PM, Oswald TS, Devito DP, Bruce RW. 2014. Clinical and economic implications of early discharge following posterior spinal fusion for adolescent idiopathic scoliosis. J Child Orthop.8(3):257-63.
	Is pilates/ core strengthening exercises beneficial post surgical correction of an idiopathic scoliosis?	H	Shan LQ, Skaggs DL, Lee C, Kissinger C, Myung KS. Intensive care unit versus hospital floor: a comparative study of postoperative management of patients with adolescent idiopathic scoliosis. Journal of Bone and Joint Surgery. American volume 2013; 95(7):e40
	What is best treatment for growing rod graduates	H	
	what is evidence for post op rehabilitation after adult deformity correction	H	
	should pts who have had adult deformity correction be braced post operatively and for how long. what does this achieve?	H	
	Is there a role for postoperative physiotherapy rehabilitation programme?	H	
	Do we overprotect patients post-operative (esp. AIS) consideration strength of modern instrumentation?	H	
	Evidence for the role of bracing in post surgical spinal fusion for scoliosis (AIS) NMSCDIm paediatrics, research, practice	H	
	What complementary therapies assist people who have had spinal fusions i.e. McTimoney Chiropractic, osteopathy etc.	P	
	To investigate coping long term with scoliosis after surgery. Should physio be offered for longer to prevent issues in later life.	P	
	Does Physiotherapy etc improve quality of life for people with scoliosis in later life (50+)	P	
	Following a fusion to correct scoliosis should physiotherapy be offered? Does it help in recovery?	P	
	How can patients who've had spinal fusion be best cared for and supported long term?	P	
	Should physiotherapy be compulsory after anterior spinal fusion surgery?	P	
	Following a fusion with rods operation on a patient over 50 should physiotherapy follow and should an annual check up be made.	P	
	What are the best forms of exercise post op and what should be avoided.	P	

	Should patients of scoliosis who have had their operation when they were children, receive automatic follow-up check-ups in their later lives to see if advances in the treatment of scoliosis can further improve their lives?	P	
	Does regular high impact exercise effect post spinal fusion patients outcomes in later years (positively or negatively)	P	
	What other therapies can help to strengthen the muscles post-surgery?	P	
	Should physiotherapy be used longer term as a matter of course to help maintain back health in adults who had scoliosis surgery as teenagers	P	
	After spinal fusion operations, how can scoliosis patients best look after themselves (exercise in general, targeted exercises as recommended by physiotherapists, nutrition, type of beds and chairs, etc) for the rest of their lives, to mitigate the effects of scoliosis?	P	
	Where the spine has been fused are the vertebrae immediately next to the fused section at a greater risk of damage due to their proximity to that section and if so what is the best way for individuals to protect those vulnerable areas? I have T2-T12 fusion.	P	
	Should adults who received spinal fusion operations as teenagers receive on-going physio as standard?	P	
	Following scoliosis surgery I have very little input and support in terms of rehabilitation and was left to rehab by myself despite developing new issues (which I believe to be linked to my recent EDS diagnosis) and being discharged by surgeon despite this. How can patients ensure they receive a personalised support and rehab plan and not just left in limbo due to hospital discharge targets.	P	
	What after care can I expect after the surgery? Physio? Will I have help to maintain what will have been done so that I can continue to function? What is likely to happen as I get older?	P	
	Does massage based therapy improve the tenderness the back feels post-op? Is there a suggested method of massaging that would comfort and support the back after surgery and in following years?	P	
	Surgery may cause loss of mobility due to degenerative disc disease at age 40 how can I prevent further rotation of my spine.	P	
	If you have undergone surgery for scoliosis, what stretches can you do to help your muscles to relax?	P	
	Is ongoing medical observation recommended post surgery?	P	
	Are there any treatments for the management of scoliosis in adulthood beyond surgery?	P	
	Why are there no follow up clinics with people who have had surgery where Harrington Rods have been fitted in the past before new techniques evolved?	P	
	What treatment is available to people whose surgery has gone wrong and left with ongoing problems, eg spondylosis?	P	
	After full spinal surgery are there any Occupational Health Agencies to assist with coping with the after effects of surgery which brings its own disabilities?	P	
	What strategies are in the pipeline for adults whose previous surgery is now failing/getting complications	P	
	What form of exercise is best to help with scoliosis when you have had surgery, when your back is fused and you have rods, screws etc	P	
	Should osteopathy be used to relieve muscle tightness and pain post-surgery?	P	
	Changes to instrumentation have much improved on the Harrington Rod, but what help and support is there for people like me who have limited activities, further spine problems and pain due to Harrington rod implants and loss of sagittal balance (Flatback Syndrome)?	P	
	How can I look after myself through the years after corrective surgery to help me not have these knock on effects ?	P	
	What kind of exercise can people who have had spinal fusion to correct scoliosis do to lose weight	P	
	What care and support can be offered to long term post surgery patients	P	

	What is the aftercare needed for Scoliosis patients after they undergo the operation with rods?	P	
	I had harrington rod and spinal fusion - I frequently have lumbar back pain (unfused part of my spine) which I can manage - I am now in my late 40s and wonder what I can do to prevent problems, such as arthritis in spine as I get older.	PH	
	What long term health and fitness programs could be undertaken to ensure the best results from spinal fusion surgery?	R	
	What can be done to improve UK based caring for and supporting adult who had corrective surgery for scoliosis as teenagers?	R	
	how can patients best look after their backs post-surgery to avoid health problems (such as pain, osteoporosis, poor posture, increase in curvature)?	R	
	Can physiotherapy/ exercise such as Yoga and Pilates help halt the progression of scoliosis curve and improve posture, both before and after surgery?	R	
	After surgery should more be done to help the patient?	R	
	What is the best long term exercise after correction surgery for AIS?	R	
	How can flexibility be best preserved in post-fusion patients?	R	
	What steps can we take to improve the long-term outcomes for spinal fusion patients?	R	
	Therapeutic yoga seems to appear in several studies in regards to scoliosis in order to help improve posture and breathing deep into the back, could this be offered as a alternative or in addition to surgery?	R	
	Why is the improvement which yoga brings, both pre and post surgery, not acknowledged more often?	R	
	Is physio recommended after surgery	R	
	How will this surgery affect my daughters life/mobility/health in the future and what monitoring is in place?	R	
	Will physiotherapy help my daughter recover after scoliosis surgery?	R	
	What is the best way to rehabilitate neuromuscular patients post operatively to ensure correction to spine holds well as it is the weakness of muscles that leads to onset and progression of scoliosis	R	
	What exercises are best once surgery have been performed?	R	
23. What triggers relatively mild scoliosis to worsen rapidly?	What triggers relatively mild pre-existing scoliosis to worsen rapidly?	P	
24. When and how often is repeat surgery required in later life?	Now that men with DMD are living longer, are we seeing problems relating to pain years after scoliosis surgery, postural adaptation through metal fatigue over time, or further surgical intervention?	H	
	Does having had surgery in the early 1980's mean that more surgery is inevitable? Due to chronic pain, neuro pain and further spinal movement.	P	
	I.e., is any follow up surgery necessary? What symptoms may indicate further surgery?	P	
	Will further surgery be needed in managing Scoliosis?	P	
	Does having a spinal fusion to the lumbar region increase the chance of further intervention?	P	
	Is there any possibility of re-operating on older patients to improve on surgery done years ago? Perhaps just for cosmetic reasons but also with a view to improving pain.	P	
	Is my daughter likely to require further surgery when she is older?	R	
	How likely is it that the extra pressure at both ends of the rods will cause problems and require further intervention in later life ?	R	
	What are the longer term outcome/durability of metal work/spinal fusion in terms of further surgery and pain?	R	
	is there a possibility that scoliosis can come back following surgery?	R	
	What are the prospects for children who have had spinal fusion in respect of rod longevity/likelihood of rod replacement or further surgery due to rod malfunction?	R	

25. What are the best strategies for preventing scoliosis (combining physiotherapy, orthotics, alternative therapies, diet, and/or exercise)?	Does continuation of standing (including the use of a standing frame) offer any protection against developing a scoliosis?	H	
	Does weight bearing in a standing frame reduce the incidence of scoliosis compared to not using a standing frame?	H	
	Does the use of 24 hour postural care and positioning reduce the incidence of scoliosis in children and young people?	H	
	In terms of clinical effectiveness what is viewed as being the evidence base for physiotherapy interventions in preventing a scoliosis or the development of a scoliosis?	H	
	In children with neuromuscular disorders who never achieve functional ambulation, does early and regular standing help to prevent or reduce the development of scoliosis?	H	
	In children with neuromuscular disorders who never achieve functional ambulation, does handedness and the siting of wheelchair controls, affect the development or progression of scoliosis?	H	
	How effective is the use of hip abduction shorts at night in preventing scoliosis in children with cerebral palsy?	H	
	Does proactive dynamic lycra splinting with boning prevent or delay progression of scoliosis and is this an acceptable, well tolerated intervention for children, young people, their parent carers and other carers?	H	
	What are the best strategies for preventing scoliosis in ND children	H	
	Does baclofen prevent scoliosis?	H	
	Does trihexphenidyl prevent scoliosis?	H	
	Is there evidence for the use of spinal bracing in preventing scoliosis in patients with neuromuscular conditions?	H	
	Is there any way to prevent scoliosis from developing in cases of neuro-developmental difficulties.	H	
	In children with neurodisability, is there a role for hydrotherapy/physiotherapy/massage/chiropractic in the delay of onset and worsening of scoliosis?	HR	
	On children with positional scoliosis What are prevention treatments suggested?	P	
	What is the impact of physio and alternative medicine treatment on prevention and symptoms management of scoliosis?	P	
	What can be done to prevent scoliosis developing in the first place, and to prevent it getting worse?	P	
	I have adolescent idiopathic scoliosis. Is there anything I can do right now for my 7 year old daughter as concerned she too may inherit condition.	P	
	Can any scoliosis be attributed to a bad gait in the growing period and if so can adjustments be made to a persons gait to help avoid the onset of scoliosis?	P	
	Is there anything that can be done to help prevent onset of scoliosis in children of scoliosis sufferers?	P	
	Linked to risk factors, what might be done to prevent the early development of scoliosis?	P	
	Can Physiotherapy, Yoga or Pilates be effective, as a treatment for scoliosis reduction or prevention, particularly if used in the earlier stages of scoliosis?	P	
	How do you prevent idiopathic scoliosis?	P	
	Is there a way of mitigating the onset	P	
	can you prevent scoliosis developing? Wether early onset in children or through life.	P	
	How can we prevent it from starting?	P	
	Is there anyway to prevent scoliosis from happening?	P	
	Can anything be done to prevent congenital Scoliosis?	P	
	Is scoliosis more common in girls that did gymnastics and or ballet? I did a lot of gymnastics and spent hours practising headstand and handstands? Whereas perhaps kids that practised a lot of swimming might be less prone?	P	
	What can be done to prevent it? (AIS)	P	

	How to prevent it	P	
	What are the possible causes of idiopathic adolescent scoliosis and can it be prevented?	R	
	how could it be prevented?	R	
	Are there any sports or exercises that a child should carry out to prevent onset of scoliosis if they are genetically at risk of developing the condition?	R	
	Can a brace alone prevent scoliosis from developing?	R	
	In family's with history of scoliosis, would it benefit to brace adolescent girls BEFORE spine starts to bend? - to prevent it before it starts?	R	
	Is there any way to prevent idiopathic scoliosis developing in adolescence (in which there is no other cause)?	R	
	Would taking calcium and vitamin D prevent it?	R	
26. Does scoliosis affect life expectancy in adults?	Does scoliosis reduce your life expectancy?	P	Orthop Traumatol Surg Res. 2015 Feb;101(1 Suppl):S109-18. Epub 2015 Jan 23. Early-onset scoliosis: current treatment. Cunin V1. No evidence for adults - so question changed to focus on this group of patients.
	Is life-expectancy affected - and if so, by what extent - by untreated scoliosis?	P	The Impact of Small Spinal Curves in Adolescents Who Have Not Presented to Secondary Care A Population-Based Cohort Study.Emma M. Clark, PhD,Jon H. Tobias, PhD,and Jeremy Fairbank. Spine (Phila Pa 1976). 2016 May;41(10):E611-7
	Does scoliosis give people a shorter life span that also have restrictive lungs?	P	
	What is the life span of someone with scoliosis	P	
	Will my condition effect my life expectancy?	PH	
	What's the average life expectancy for a patient with adult idiopathic scoliosis (treated with a spinal fusion and untreated)?	PR	
27. What is the most effective type of exercise (e.g. yoga, pilates, Schroth method, Alexander Technique) for people with scoliosis?	Does early exercise /yoga have a treatment effect?	H	Michele Romano, Silvia Minozzi, Josette Bettany-Saltikov, Fabio Zaina, Nachiappan Chockalingam, Tomasz Kotwicki, Axel Maier-Hennes & Stefano Negrini. (2012) Exercises for adolescent idiopathic scoliosis. Cochrane Back and Neck Group, The Cochrane Library.
	Is it always necessary to prescribe scoliosis specific exercises for children with scoliosis or are core control and postural exercises sufficient?	H	Williams MA, Heine PJ, Williamson EM, Toye F, Dritsaki M, Petrou S, Crossman R, Lall R, Barker KL, Fairbank J, Harding I, Gardner A, Slowther AM, Coulson N, Lamb SE. Active Treatment for Idiopathic Adolescent Scoliosis (ACTivATeS): a feasibility study. Health Technology Assessment 2015; 19(55)
	Is exercise therapy useful for small scurves	H	Romano M, Minozzi S, Zaina F, Bettany-Saltikov J, Chockalingam N, Kotwicki T, Maier-Hennes A, Negrini S. Exercises for adolescent idiopathic scoliosis, a Cochrane systematic review. Spine 2013; 38(14): E883-E893
	What are the most effective exercises for a person with a scoliosis?	H	
	Can intense exercise regimes like the Scrotch method really benefit people with a lesser degree curve?	H	
	Surely exercise could help and difficult to devise / discover one's own exercises. Is there a standard exercise regime?	P	
	Are there exercise programmes for the exact spinal levels/type of scoliosis?	P	
	Does Yoga aid scoliosis in stretching and moving the muscle groups?	P	
	Why is Pilates for spinal care not taught rather than the obsession with Yoga which I found out to my cost is contra indicated for EDS Hypermobility Type?	P	
	I know that when I'm horse riding regularly (particularly if undergoing reasonably intensive training or riding competitively) I have far less back pain and feel that my lower back and core is far stronger. Research into types of fun exercise that strengthens in this way rather than just handing children a list of exercises that are so boring to do would be great - beneficial to the body and the whole person rather than being stuck in a room doing a list of 'medical' exercises that separate you from the 'normal' people which can be so demoralising for children and teens in particular	P	
	To strengthen my legs I try to do 'squatting' exercises daily and also have a stationary bicycle. Is this causing the walking disability to worsen? Would doing no special exercises be better, relying on daily walks instead?	P	
	If scoliosis can be managed by yoga/Pilates/physio what would the time commitment to exercising be in order to keep the condition in check.	P	
	What is the impact of general advice for a healthy back (posture when sitting, lifting etc.) on people with scoliosis? Can it do more harm than good? Can it be stigmatising?	P	
	Do general approaches to yoga and pilates always help or might more specialised approaches be more appropriate?	P	

	What is the best exercise routine for individuals after diagnosis dependant upon degree	P	
	Could a set of specific exercises be developed to help maintain posture and ease pain?	P	
	Can yoga be done along side treatments such as monitoring, bracing, or traditional physical therapy?	P	
	Given that my own scoliosis was not diagnosed until I was 68, is there any exercise regime which would help with the mechanical difficulties of walking, standing and posture?	P	
	Also views on HRT and appropriate exercise	P	
	Appreciating there are varying degrees of scoliosis, is there a reason yoga isn't a recommended physical therapy treatment?	P	
	Recently virtually all of the specialist I have spoken to (many) say that this will worsen the condition, so I have not run (or roller bladed) in the last 3 year and I am not sure if I could now. Because of relatively sudden onset of the condition (at age 64) and me stopping exercising as I used to, I am now heavier than I have ever been, even though I have modified my diet significantly and this possibly exacerbates my condition? Should I take up running again ...slowly !	P	
	Is there are proven benefit from following the Schroth method or Alexander Technique?	P	
	What are the best exercises for people with untreated scoliosis who cannot walk at all?	P	
	What lifestyle changes best support adults with scoliosis - activities/exercise/physio/etc?	P	
	Are there any exercises which might relieve the symptoms of scoliosis?	P	
	Best exercises to help mild scoliosis	P	
	Is Pilates a beneficial form of exercise for scoliosis?	P	
	what kind of exercise should I be doing plus	P	
	Which is better and why - pilates or yoga?	P	
	Are there any self help techniques for Scoliosis in the neck aswell as the mid/lower back?	P	
	Are there any physical therapies/exercises that I could perform to improve my condition?	P	
	What types of physical therapy or exercise can help treat scoliosis?	P	
	Will physical therapy such as Pilates treat or improve Scoliosis?	PR	
	Are there any self-management techniques you can do to improve scoliosis yourself, other than splinting or physio?	R	
	Does yoga or Pilates help scoliosis sufferers?	R	
	If so, what sort of yoga/pilates, and what is the best and safest way to go about planning and practising the exercise?	R	
	Does exercise help.	R	
	Is there any type of physical exercise that is proven to affect the outcomes for scoliosis?	R	
	Does yoga or other spine stretching therapies help with scoliosis?	R	
	Is a physiotherapy led program of exercise helpful for those with scoliosis and	RH	
	how can we support patients and parents to continue with such a program	RH	
The remaining shortlisted questions (not in any order)			
What are the most effective strategies for managing breathing problems?	How can patients, carers and health professionals minimise the problems caused by scoliosis, especially pain, and respiratory symptoms?	H	Pulmonary function in adolescent idiopathic scoliosis: a 25 year follow up after surgery or start of brace treatment.Pehrsson K1, Danielsson A, Nachemson A. Thorax. 2001 May;56(5):388-93.
	Do boys with Duchenne muscular dystrophy who have spinal surgery for scoliosis have better respiratory outcomes as they get older than those boys who do not have spinal surgery?	H	
	What impact does spinal surgery have on the long term effect of respiratory function in patients with neuromuscular weakness?	H	

	Can scoliosis be managed in a more holistic way...ie. looking at other symptoms caused by the scoliosis. Eg. Reduced lung capacity causing breathing problems? This in particular would be for older patients who had not been able to have their scoliosis corrected surgically.	P	
	In cases where respiratory capacity is adversely affected due to scoliosis, what are the most successful ways to maintain / improve breathing? Are there any recommended breathing exercises?	P	
	Would there be any advantage in my wearing some kind of brace, corrective support corsetry in order to perhaps avoid breathing difficulties later?	P	
	How effective are complementary therapies in limiting scoliosis curve progression and in managing impact in adulthood, e.g. physiotherapy and conservation of lung function?	P	
	Does breathing get better after the spinal fusion opp?	P	
	Which are the best types of exercise for maintaining lung function?	P	
	Does earlier intervention with respiratory physiotherapy help protect against the long term decline in lung function for someone with congenital scoliosis.	P	
	Is there anything I can do to improve my lung capacity?	PH	
	As the above is a mechanical failure why cannot it be solved by mechanical means, e.g. an operation at the first sign of ribcage movement?	R	
Does diet have an impact on scoliosis?	What (if any) impact does nutrition have on scoliosis	P	
	Are there any supplements to help with degenerative scoliosis?	P	
	what suppliments would be suitable for an older patient with scoliosis to help maintain mobility etc. right now its trial and error on a personal basis to see what works and what doesn't. it can be quite costly.	P	
	Research in role of alternative medicine, I found green lipped mussel extract a huge help and would have taken it for years if I had known this.	P	
	what is called a good healthy weight with scoliosis and is there anything that you should be careful of when it comes to food	P	
	Are there any special diets that can be eaten which could reduce the risk of scoliosis. I have heard of selenium being considered as individuals with scoliosis have been tested low in selenium.	R	
	Does calcium and vitamin D supplements help prevent scoliosis? He takes Colecalciferol (vit D3) 1000u daily What does Bisoprolol Fumarate do? My son takes 1.25mgs daily.	R	
Are there any activities that people with scoliosis should avoid?	Should an individual with scoliosis avoid any activities in particular? E.g. High impact such as trampolining or running.	H	
	Are there specific contra-indications to the activities that people with a scoliosis should carry out	H	
	evidence for the role of post surgical precautions with regards too functional/activity limitations in children following post surgical spinal fusion for scoliosis	H	
	Are there any activities which are known to be detrimental, and should be avoided, by someone with scoliosis post spinal fusion and, for example, Harrington rod?	P	
	Can all activities be resumed post scoliosis surgery? E.g. Can rollercoasters be ridden?	P	
	I try to lead my life as though I do not have scoliosis; however in doing so is it possible I might do something that might exacerbate things with my spine?	P	
	/any future movements stopped after surgery? e.g. exercise?	P	
	I was told to exercise so I did and I now have severe osteoarthritis as I wasn't warned not to do a lot of high impact exercise. More research in managing the condition long term to try and prevent scoliosis sufferers from getting severe early onset osteoarthritis.	P	
	How much is too much exercise for those with the rods on the spine.	P	
	Are there any activities that are likely to make my scoliosis worse or cause problems and which should be avoided?	P	

	What activities should very young children who have had surgery avoid - opinions seem to differ	R	
	Does strenuous exercise for adolescent scoliosis make the curve worse?	R	
	Is there anything that the sufferer should avoid doing?	R	
	Once spinal fusion operation has happened what things should we restrict my daughter from doing.	R	
Are there options other than surgery for reducing a rib hump?	Other than surgery, what can improve the appearance of a rib hump?	P	
	is there a way to reduce the rotation in my back after having Harrington rod surgery? I still have a rib and back hump.	P	
	Is there a way to correct twisted ribs?	P	
	Can the rip hump caused by scoliosis be reduced	P	
	Can physiotherapy improve a rib 'hump' which still exists following spinal fusion surgery?	R	
	Is a second costoplasty to reduce a rib hump worth the pain and trauma when ribs tend to regrow?	R	
Single questions asked only once	How can schools and sports-settings be made aware of scoliosis, to adapt and provide care appropriately?	R	
	What are the best indicators for children with cerebral palsy needing non-invasive ventilation in the immediate post op period?	H	
	how cost effective is surgery in the management of scoliosis?	H	
	What strategies can people with scoliosis adopt to prevent their walking getting worse?	P	
	How can we prevent scoliosis after spinal cord injury?	P	
	Could seating clinics after spinal cord injury prevent scoliosis?	P	
	What strategies improve safe eating and drinking for people with severe scoliosis?	H	
	What can be done to reverse paralysis when surgery goes wrong?	P	
	What impact does an intrathecal baclofen pump have on the progression scoliosis in adolescents and young adults	R	
	Is there any correlation between the outcomes of surgery seen in an x-ray, and the patient's body image perception?	H	
	Do older people living with significant untreated scoliosis receive appropriate health and social care in the UK?	P	
	Is there a link between being overweight and increased back pain in scoliosis in adults?	PR	Danielsson AJ1, Nachemson AL. 2003 Back pain and function 22 years after brace treatment for adolescent idiopathic scoliosis: a case-control study-part I. Spine. 28(18):2078-85; discussion 2086. Evidence exists for adolescent therefore question changed to focus on adults.
	How can stress fractures be prevented post-surgery in people with Ehlers-Danlos syndrome?	R	
	Can degeneration of the facet joints be prevented?	P	
	Is there a difference between girls and boys in adolescent scoliosis?	R	
	Why do muscles become weaker in patients with scoliosis? Could this lead to new treatments?	P	
	How can osteoporosis be best monitored in a person with scoliosis?	P	
	What are the chances of someone having scoliosis?	P	
	Do people with scoliosis have muscles that are different to other people?	P	
	What relationship is there between a scoliosis and falling in older people?	H	
	Are wasted erectae spinae muscles in early adulthood a sign of increased risk of adult onset scoliosis?	P	
	Is there a correlation between differences in leg length discrepancy and idiopathic scoliosis?	P	
	After scoliosis corrective surgery will hip replacement(s) be necessary later in life?	P	
Questions that have already been answered by research			

Single question	Whether the wake up test is the gold standard or whether spinal cord monitoring is to be used to detect the early onset of neurological deficits	P	Diagnostic accuracy of motor evoked potentials to detect neurological deficit during idiopathic scoliosis correction: a systematic review. Thirumala PD1,2, Crammond DJ1, Loke YK3, Cheng HL1, Huang J1, Balzer JR1,4. J Neurosurg Spine. 2016 Dec 9;1-10.
			HAYES, Inc.. Multimodal Intraoperative Monitoring (MIOM) during surgery for scoliosis and spinal deformities. Lansdale: HAYES, Inc.. Directory Publication. 2016
How does scoliosis and its treatment impact on pregnancy and childbirth?	What problems to women/girls who undergo spinal fusion surgeon experience during childbirth/pregnancy? Can they have a normal reproductive experience?	H	Danielsson AJ1, Nachemson AL. Childbearing, curve progression, and sexual function in women 22 years after treatment for adolescent idiopathic scoliosis: a case-control study. Spine. 2001 Jul 1;26(13):1449-56.
	What are the long term complication of having scoliosis on women to include, difference in breast size/need for implants; ability to carry a child to term/give birth/endure an epidural/impact on progressive pelvic obliquity	P	
	How does scoliosis and spinal fusion affect a females ability, not to conceive, but to carry and deliver a child? What are the realistic effects on a shorter torso, rotated rib cage, etc during pregnancy?	P	
	Are pregnant ladies more at risk of complications during labour post spinal fusion?	P	
	How safe is it for women who had scoliosis surgery as teenager (idiopathic scoliosis) to carry a pregnancy. What impact on spinal fusion/ placement of Harrington rods?	P	
	How should pregnancy and labour be managed in idiopathic scoliosis patients with fused curves of greater than 40 degrees?	P	
	What impact can scoliosis have on pregnancy?	P	
	Will having surgery effect my ability to have children?	P	
	Is pregnancy more complicated if I opt to avoid surgery?	P	
	How could scoliosis in adolescence effect future pregnancy e.g. is their increased pain; what support could be offered etc	P	
	Is a cesarean section necessary if you have had a spinal fusion operation?	P	
	If you have a full spinal fusion can it cause problems during pregnancy?	P	
	Can untreated/ adequately treated scoliosis affect a womens reproductive system?	P	
	In later life, will there be any complications of scoliosis surgery, such as giving birth and growing old? What would help to overcome these potential issues?	P	
	Will having scoliosis make pregnancy especially uncomfortable for me due to my pre-existing susceptibility to back pain?	P	
	What is the impact that scoliosis and my Harrington rods will have on a pregnancy? Will be body be able to carry and deliver a baby naturally?	P	
	Can women with scoliosis give birth safely?	P	
	How difficult is it to bare a child with out correcting scoliosis versus baring a child after corrective surgery?	P	
	How does it affect someone with pregnancy.	R	
	Do the rods affect pregnancy and giving birth naturally?	R	
	what are the longer term impacts for people who have had fusion surgery- (e.g. re childbirth, future surgery requirements, future pain, potential complications in the longer term)	R	
	As a parent I would like more long term information from surgery in order to make a much more informed decision. There are lots and lots of success stories and support for recovery after surgery but not much regarding the down sides (eg rates of rod infection, impact on lower spine with age, consequences of pregnancy etc.	R	
OUT OF SCOPE QUESTIONS			
Questions about cause of scoliosis	Is iodopathic scoliosis genetic	P	
	Are there any lifestyle/genetic factors contributing to adolescent idiopathic scoliosis?	H	
	Is there a definable genetic predisposition for progressive AIS in the UK population	H	

	What is the etiology and pathophysiology of idiopathic scoliosis; why in adolescent girls; why so often right thoracic?	H	
	What is the aetiology in scoliosis	H	
	What are the risk factors for children having scoliosis?	H	
	In children with neuromuscular disorders who never achieve functional ambulation, is hip asymmetry a major factor in the development of pelvic and spinal asymmetry?	H	
	What factors contribute to aetiology of scoliosis	H	
	What drives the deformity of scoliosis during growth and how can this be modified to treat the condition?	H	
	What is the anatomical basis of the development of an Idiopathic Scoliosis in Children?	H	
	What causes AIS	H	
	What is the Etiology of adolescent idiopathic scoliosis? Comment: This is an obvious question we spinal surgeons would like an answer to as it possibly transform the way we treat scoliosis overall.	H	
	Is muscle de-conditioning or degeneration the main cause of adult spinal deformity?	H	
	Having been born with scoliosis and having a family tree full of scoliosis sufferers I feel that there must be potentially huge opportunities in the genetic direction in the future	P	
	how come I had scoliosis? And will I pass it on to my children?	P	
	Will it be possible in the earliest stage preferably before i.e childhood, that you may be able to find the exact genetic sequencing via DNA programming in order to find the sequence and individual mutation/ trait that causes Scoliosis in the first place?	P	
	Using the latest technology would it be possible in the future and to benefit others that DNA and stem cell research may play a significant roll in looking in to chromosomes and relative signifiers and traits. For instance are sleep disorders on chromosome 10 and 5 related to Scoliosis as there is a matching sequence or occurrences that are significant.	P	
	What causes scoliosis?! Is there a genetic element?!	P	
	Is there any association between cord tethering and scoliosis?	P	
	Is there still such a thing as idiopathic scoliosis, or is it now believed that there is a genetic cause for onset in adolescence?	P	
	Why are there so little known causes of scoliosis?	P	
	What is the risk of passing scoliosis on to children, and can this be genetically tested?	P	
	Uncontrolled spasms 'causes' my scoliosis - is this true, or would the condition have been present and the spasms just made it worse?	P	
	Where there is family history of Scoliosis is there a test that can determine if a child will develop the condition?	P	
	Are we any closer to knowing the cause(s) of adolescent idiopathic scoliosis?	P	
	Is adolescent idiopathic thoracic past on to the next generation?	P	
	What is known of the genetics of scoiolis/percentage of positive family in sufferers and the probability of passing it on to ones children?	P	
	Is there a known collection of issues present in adolescents with adolescent idiopathic scoliosis?	P	
	What causes adolescent idiopathic scoliosis?	P	
	How far away are we from finding out what causes adolescent scoliosis?	P	
	If it is hereditary, will it be diagnosed in pregnancy soon?	P	
	How hereditary is it?	P	
	Is scoliosis genetic? My mother had a shoulder blade that was deformed I had degenerative Scoliosis linked to osteoporosis	P	
	What causes Scoliosis? Is it inherited?	P	
	Has there been any research made into whether scoliosis can be inherited from a parent?	P	

	What causes scoliosis and how does it develop?	P	
	Is it genetic	P	
	Has Scoliosis research been done into whether this condition is hereditary, if so is it possible to isolate a specific gene which causes it?	P	
	Is there ongoing research into the cause of idiopathic scoliosis, whether there's a familial link, a postural or developmental aspect?	P	
	Are there any known causes of Scoliosis?	P	
	Presumably scoliosis runs in families. What is the state of current research on the genetic components of the condition ?	P	
	Is scoliosis hereditary? My granddaughter had an operation to correct this last year when she was 17. My grandmother was very bent over & i suspect she had this condition.	P	
	Why do people develop Scoliosis? Can we improve upon the idiopathic diagnosis which is at times frustrating for those in this category?	P	
	Is there a genetic element to idiopathic scoliosis and can it be identified early before the curvature begins? Scoliosis seems to run in some families.	P	
	Does loading the spine on one side contribute to the development of scoliosis? Some people attribute their scoliosis to carrying heavy school bags on one shoulder or the sports they enjoy playing.	P	
	What is the cause of idiopathic adolescent onset scoliosis?	P	
	How genetic is scoliosis from birth?	P	
	How likely is it that the following generations will be affected by scoliosis (children/grandchildren) and	P	
	is there any screening for early detectoin that they should undertake?	P	
	Is idiopathic scoliosis hereditary?	P	
	What causes congenital scoliosis?	P	
	What causes scoliosis in adults?	P	
	Why does scoliosis affect some people with osteogenesis imperfecta and not others?	P	
	Other than at birth, what provision is there in the NHS for testing whether the scoliosis of a parent has been inherited by her children?	P	
	Causes of scoliosis Is there any research into links between effects of breaking bones in childhood in uneven growth of spine, or whether unsymmetrical orthodontic treatment in childhood can lead to scoliosis?	P	
	How is scoliosis predominantly caused?	P	
	Is scoliosis inherited?	P	
	Incidence of family history	P	
	Is Scoliosis hereditary?	P	
	Had the genetic mutation that controls scoliosis been identified	P	
	If you have suffered scoliosis, is there an increased risk that your children will as well?	P	
	Is more research being done to diagnose the cause of idiopathic scoliosis?	P	
	Is it caused by a genetic fault that can be passed on to a patient's children?	P	
	Could there be any link for idiopathic scoliosis and activities activities such as dancing, gymnastics and other activities similar.	P	
	How likely is it that the children of a person with adolescent scoliosis will have scoliosis?	P	
	Why does scoliosis only develop to a stage requiring surgery in a small percentage of those who have it?	P	
	Is there any research into idiopathic scoliosis and funding the cause?	P	
	Has a generic (GENETIC?) link been identified or is evidence still anecdotal?	P	
	Is research continuing to answer why scoliosis occurs in adults - genetics, lifestyle, health issues etc?	P	
	What really causes idiopathic scoliosis?	P	
	Is there any evidence that scoliosis can be triggered by emotional deprivation?	P	

	I realise that there are some syndromes such as Marfans syndrome which can cause scoliosis. However, I'm wondering if there is a yet undiscovered syndrome out there?	P	
	What causes scoliosis, and is it genetic?	P	
	What causes adolescent scoliosis?	P	
	What is the likelihood of people with scoliosis passing the condition to their children.	P	
	Are patients with scoliosis, associated with neuromuscular conditions, lacking in vital nutrients, proteins, vitamins or minerals that could affect muscle and nerve development or function?	P	
	Is scoliosis a recurrent gene, i.e. is it guaranteed to occur in every generation?	P	
	Are my children and then their children more likely to have idiopathic adolescent scoliosis because I had it?	P	
	Why does adolescent idiopathic scoliosis occur?	P	
	There is evidence scoliosis is genetic so why do they say there is no reason for idiopathic scoliosis, when it could just be down to genetics.	P	
	Has idiopathic scoliosis got an actual cause?	P	
	Is there any research that suggests possible causes of idiopathic scoliosis?	P	
	Can it be picked up in a genetic blood test?	P	
	Is it detectable by gene testing like muscular dysrophy? I have scoliosis so does my daughter and son of which we are all missing name gene.	P	
	Does scoliosis cause one leg to be shorter than the other or is it having one leg shorter than the other a contributor to scoliosis?	P	
	I read some years ago that a pregnant lady, coming into contact with chemicals could (not proven) cause scoliosis. My mum was in the ambulance service, beginning of the 2nd World War in London, she became pregnant with me during this time. She obviously went to bomb'd areas. I've wondered, do bombs contain chemicals...	P	
	Scoliosis is not genetic, how did I develop it?	P	
	what is the genetic pattern/relationship for scoliosis?	P	
	Is there a genetic cause for idiopathic scoliosis? And if so does it run in families?	P	
	Is there a link between osteoporosis and degenerative scoliosis, and are the conditions hereditary?	P	
	How significant is genetics in scoliosis. We have 3 generations.	P	
	Why do I have scoliosis and no-one that I know of in my family has it?	P	
	Why does idiopathic scoliosis happen? Is there anything linked to it?	P	
	Can scoliosis be genetic? And is there anyway to minimise the risk of the gene being passed on?	P	
	Is there a definite genetic link in scoliosis?	P	
	What causes idiopathic scoliosis?	P	
	Is scoliosis genetic?	P	
	What genes causes scoliosis?	P	
	What is the probability of someone with scoliosis to have children with the same condition?	P	
	Can scoliosis be linked to a particular chromosome number and picked up during pregnancy? (idiopathic scoliosis).	P	
	How can Scoliosis patients help I the research and development of gene research and therapy for Scoliosis to head towards an eventual cure or prevention in future generations?	P	
	Research into reasons behind congenital scoliosis	P	
	Is there a direct link between flat feet and any form of scoliosis?	P	
	What causes idiopathic scoliosis - there must be something that triggers it?	P	
	I had scoliosis as a 12 year old. As a kid I was always eating cereal and drank gallons of milk, but ate very few green leafy vegetables or seeds. As scoliosis has to do with bones growing but being a bit too flexible in idiopathic growth spurts, can diet be part of the reason? For example too much calcium and not enough magnesium, zinc, vitamin K and vitamin D?	P	

	In idiopathic scoliosis, why is the cause unknown and what tests, if known, could point out the cause of the deformity.	P	
	Is there any way of knowing whether you have passed adolescent idiopathic scoliosis onto your children before the onset of puberty?	P	
	What causes adolescent idiopathic scoliosis?	P	
	Why is it so hard to find the cause of adolescent idiopathic scoliosis?	P	
	Why does it mainly effect girls?	P	
	To what extent are the causes of AIS hereditary (what are the chances of my children developing it)?	P	
	Are my future children likely to have scoliosis too?	P	
	Is there a link between smoking and the development of scoliosis?	P	
	Is there a link between the use of chemicals and scoliosis?	P	
	can I find out if the condition is hereditary - will the children pass the condition on worse, will the 1 son who does not suffer from it from the 3 sons, pass it on as he appears to have missed the condition - informed it is 50/50 chance of having it or not, but how about passing it on to his next generation, can he pass it on if he does not have the condition - is it still part of his make up, and the 2 children with it - my condition was mild their condition was classified as life threatening, therefore significant increase in severity from my generation to son's generation, will it again progress that significantly bad in the next generation - to possibly form unviable life in the next generation to be born?	PR	
	does osteoporosis cause scoliosis?	PR	
	Will we ever be able to determine the cause of scoliosis and thereby prevent it?	PR	
	What advances are being made in genetics?	PR	
	What is the genetic link for scoliosis	PR	
	Should children within families with a history of scoliosis be subject to routine monitoring to help identify early cases.	PR	
	I have scoliosis (from aged 12 years old) and my daughter has it (from aged 4 years old), will she pass this on to her children?	PR	
	What causes scoliosis	PR	
	Are there any early tests for those with scoliosis in the family?	PR	
	Is it genetic?	PR	
	How far has inherited scoliosis research developed? 2 Daughters with scoliosis - They don't worry about their spinal conditions but I wonder about their children.	R	
	Does scoliosis run in families?	R	
	What causes Scoliosis	R	
	Why do we not know the cause of early onset scoliosis	R	
	Since Girls are more likely to develop Scoliosis than boys, is there any research being done as to why this might be? (and is it linked to puberty?)	R	
	Is there any research being done into the bone structure/ composition of children with Scoliosis and possible differences in bone make-up?	R	
	What causes scoliosis in puberty when there is no family history?	R	
	Are there any tests for children of the above to detect scoliosis at an early age?	R	
	Is there any connection with syringobulbia, syringomyelia and scoliosis?	R	
	What causes scoliosis?	R	
	Is there a genetic test that can be developed to carry out on relatives or offspring of a patient that could determine the risk of scoliosis presenting in the future?	R	
	Is there a link between Vitamin D deficiency and idiopathic adolescent scoliosis?	R	
	Causation of early onset scoliosis	R	
	What other health conditions are genetically related to scoliosis i.e if you have scoliosis what other conditions do you have a genetic risk for.	R	
	Is there any link to the type of exercise or posture of adolescents that can lead to idiopathic onset?	R	
	What research is being done to find out the cause of scoliosis?	R	
	is there a link between scoliosis and growth hormone?	R	
	Is there a link between scoliosis and failure to thrive in babies?	R	

	What causes scoliosis and why did it develop so quickly in my 12-year-old daughter?	R	
	I have mild scoliosis, did my daughter inherit her condition from me?	R	
	What causes idiopathic scoliosis.	R	
	Why did AIS occur in a normal, healthy child?	R	
	What information is there on the genetics of AIS and therefore if children of AIS patients need to be hyper vigilant about their own children?	R	
	Is AIS linked to any other genetic conditions?	R	
	What is the genetic component involved in the development of Idiopathic Adolescent Scoliosis?	R	
	What causes scoliosis?	R	
	Does congenital scoliosis run in families?	R	
	Is there any way we can predict who is going to be affected in a family where several people have scoliosis?	R	
	Could scoliosis be an inherited condition?	R	
	Or could hormones be a cause or indicator if AIS?	R	
	My grandmother had scoliosis, my mother too, and one of my daughters has too. Does this mean I also have it to some extent and should my daughters have children in the future will they automatically carry this receptive gene?	R	
	Is there anything that pre disposes a person to develop scoliosis?	R	
	Will a person with scoliosis pass it onto their children?	R	
	Is scoliosis and Scheuermanns kyphosis hereditary -	R	
	What is the cause of idiopathic scoliosis?	R	
	what causes adolescent idiopathic scoliosis	R	
	is scoliosis caused by a faulty gene	R	
	Is there a genetic element? 3 of my four children have scoliosis. 1 has had surgery, another is awaiting and 3rd is just started process for assessment.	R	
	The causes of scoliosis and can any be prevented before in idiopathic scoliosis	R	
	why do people get idiopathic scoliosis	R	
	Is there a genetic link in people diagnosed with adolescent idiopathic scoliosis? ie gender,weight,age,height.	R	
	I have read recently about a common gene relating to scoliosis, what do you think of this information?	R	
	Has there been an increase in early onset scoliosis since mothers have been encouraged to put babies to sleep on their backs?	R	
	Is there any evidence to suggest that carrying heavy school bags is linked to curve progression rates?	R	
	Are there any links between adolescent idiopathic scoliosis and premature birth?	R	
	Are there any links between poor diet/ vitamin or mineral deficiency and adolescent idiopathic scoliosis?	R	
	Is there any genetic cause to scoliosis	R	
	IS SCLEROSIS GENETIC?	R	
	Why is it more common for girls to develop idiopathic adolescent scoliosis	R	
	Is scoliosis becoming more commonplace & could this be environmental?	R	
	Are there commonalities of teenagers diagnosed with adolescent idiopathic scoliosis eg very tall?	R	
	Is there any chances of AIS being hereditary?	R	
	In the cases of idiopathic personally I would like more science for an answer why the condition can appear at the onset of adolescence rather than the unexplainable at the moment.	R	
	Is there a genetic test for scoliosis?	R	
	Why has she developed a scoliosis now at age 15?	R	
	Why do more girls than boys get idiopathic scoliosis ?	R	
	Why does the backbone bend so dramatically in idiopathic scoliosis .	R	
	What chances are there of a genetic link to idiopathic scoliosis ?	R	
	Is my daughter likely to pass scoliosis on to her children.	R	

	Has a gene been found to be the cause of scoliosis especially as hypermobility also seems to present in some people.	R	
	Why did my daughter develop scoliosis? Is there certain characteristics that cause it!	R	
	Why does Scoliosis appear for no known reason?	R	
	Is there a correlation between the amount of PE in schools and development of adolescent idiopathic scoliosis	R	
	As the patient's mother I really hope that research is ongoing to stop the "idiopathic" label and understand how this can happen in teenage years.	R	
	Do swimmers or other sports have a higher number of children developing scoliosis in their sports due to their training or is it that parents are more likely to notice scoliosis in these children?	R	
	What causes adolescent scoliosis?	R	
	This disease has been around for a long time - with the idiopathic type I wonder if research into the DNA/chromosome makeup of these children could be surveyed to see if there are any common themes. What research is going into the idiopathic type?	R	
	Is there a link between vitamin deficiency and scoliosis	R	
	Is there any link to AIS and how quick growth has been in childhood? (Seems to be high number of tall teenagers with AIS)	R	
	Is there any hereditary links to scoliosis developing as you age?	R	
	What are the underlying causes of scoliosis?	U	
Questions about access to or the quality of health and social care services	In children and young people with neurodisability, at what point should they be referred on to a specialist spinal teams when a scoliosis becomes evident?	H	
	Do you feel the support you got when you were discharged was enough? If not - why?	H	
	What is the most effective pathway of assessment and care for children with scoliosis?	H	
	Once scoliosis is diagnosed, is there a pathway that ensures standardised treatment and management including onward referral?	H	
	Why prescribe a spinal brace when the child has 24 hour postural programme?	H	
	Does early inclusion of a specialist spinal orthopaedic team in the multi-disciplinary healthcare team of a child or young person at the time when they are first identified to have a scoliosis make a difference to outcome?	H	
	How can we 'bench mark' surgical performance to allow families to make informed choices?	H	
	Why are so few bracing and treatment options made available to the patient / parents?	H	
	What proportion of children with neuromuscular scoliosis, who have been treated with rigid spinal bracing go on to have spinal surgery?	H	
	What percentage of children have a 'Life plan' i.e what do if there were sudden life threatening problems.	H	
	Should there be a multi disciplinary approach to decision making when considering adult deformity correction for degenerative scoliosis? ie input of AHP as well as surgeon when deciding who and when to operate	H	
	At what point should children with neurological scoliosis be referred to spinal services?	H	
	In children and young people with neuromuscular scoliosis, there seems to be considerable variation in management practice in different centres in the UK. Is anyone nationally looking at outcomes and the possible factors affecting outcome?	H	
	Role of specific partner/allied health professional or a successful scoliosis team.	H	
	Why doesn't the NHS support scoliosis sufferers more in terms of specialist regular physio or alternative medicine?	P	
	How come GPs cannot diagnose scoliosis and don't know the next steps for it after	P	

	Why aren't osteopaths, chiropractors and more physiotherapists available on the NHS for back pain?	P	
	Why isn't Pilates recommended as a form of pain management post surgery?	P	
	Why is after care so lacking post surgery?	P	
	Why don't medical professionals work more closely together with individuals with congenital scoliosis i.e. Scoliosis specialists / respiratory specialists?	P	
	How best can the quality of care offered by local general practice be improved, particularly when they seem to know little about the ways in which scoliosis can affect ones quality of life?	P	
	Why don't doctors look for the causes of scoliosis? I was just given some exercises, but my osteoporosis of the spine could have been diagnosed much earlier if some thought had been given to why.	P	
	Can more emotional support be offered for those facing surgery and post-op surgery?	P	
	Can more training be given to doctors to help with the diagnosis of Scoliosis?	P	
	Will holistic therapies be available on the NHS for people with scoliosis in the future?	P	
	Why are some GPs not aware of scoliosis and therefore not diagnosing and referring patients to a specialist spinal surgeon?	P	
	Why do physiotherapists not understand about scoliosis and effective exercise?	P	
	more information to help older people with scoliosis for example surgery and help Post surgery if they live alone with no support. As a mature person who after surgery 8 years ago I am able to live a mainly pain free life. I see many older people wherever I go with many degrees of scoliosis	P	
	Why are patients with Scoliosis not monitored regularly, i.e once a year to see if the spine has changed? Even after surgeries I have never been followed up, without requesting this myself.	P	
	Why are there not more Scoliosis specialists in the UK?	P	
	When will scoliosis consultants recognise that surgery is not the best option for everyone?	P	
	Why surgical treatment in over 40y/o is deemed effective in only certain geographical areas(England but not Scotland)?	P	
	Will residential homes etc be instructed in the care of people with rods fitted, as the fused population are getting older and care homes will not have been used to dealing with such predicaments yet?	P	
	What long term care and treatment for idiopathic scoliosis could be introduced? At the moment, patients are discharged aged 18 with no nhs care plan as they age. Care for increasing pain is often largely met through the private sector eg chiropractors	P	
	How congenital thoracic kyphosis scoliosis affects you when your getting older support help	P	
	Massage based therapy has been hugely beneficial in managing my symptoms. Do you think it fair that I should have to pay up to £60 per session privately to access the treatment which helps reduce pain and alleviate symptoms, effectively reducing the long term NHS cost of my treatment?	P	
	Within hospitals, how are professionals other than orthopaedic surgeons (physiotherapists, nutritionists, etc) being trained about scoliosis and involved in the care of scoliosis patients?	P	
	Are GPs educated enough about treating/referring for treatment kyphoscoliosis?	P	
	Would a national centre of excellence for surgically-treated scoliosis patients suffering late onset complications be a responsible way to look after an increasing number of ageing, fused patients?	P	
	Would an education pack for Pain Management Clinics encourage staff to stop treating surgically-fused scoliosis patients the same way as patients with non-fused spines? Many patients experience that the understanding of scoliosis by health professionals at local level hasn't increased since the 1980s.	P	

	How do you propose to make health professionals more aware of scoliosis in all its forms? There appears to be a gap in knowledge of treatment or 'palliation'.	P	
	A lot of the negativity those with scoliosis experience is due to the physical deformity of the spine and the way clothes fit, the way they perceive others see them. One of the best things one of my teachers ever did was to do a lesson on my back to that my school mates could understand what had happened. Is this part of the curriculum at school now to learn about causes of scoliosis, or could it be introduced?	P	
	Why is scoliosis not readily available for people who are diagnosed, on NHS. It works, but keeping up exercise can be difficult and costs are very high and out of reach for many	P	
	Why do most people who have had surgery regret it?	P	
	Once there was a diagnosis of scoliosis in lumbar region, due to degeneration, why am I unable to see a specialist for more information unless it gets significantly worse?	P	
	How can GP's become more informed about scoliosis?	P	
	Why is the first port of call for a GP to prescribe string antibiotics after 3 years of the same as DF118 I am now finding greater relief from Pilates , what understanding do GP'd have of scoliosis ?	P	
	How much communication/sharing of information goes on between countries? They differ vastly in their approaches / treatments/ surgeries. The scoliosis surgical techniques offered in the UK are 25 years behind the US. That's too much of a gap.	P	
	Scoliosis is a musculoskeletal condition. Wouldn't treatments that focus on muscles, such as massage, be hugely beneficial on the NHS to patients in pain?	P	
	Why are GPs so ignorant of the causes and possible treatments for scoliosis, both radical and conservative? I have found from my own experience that I clearly know much more than all the GPs in my local surgery.	P	
	Why doesn't the NHS provide information to patients who might be developing scoliosis so that they can monitor their condition and know what to do if their GP does not see the seriousness of the condition?	P	
	Why are patients pushed into surgery before all other possible non invasive treatments have been tried?	P	
	Do GPs know enough about Scoliosis, the circumstances for referral and the processes that then need to be followed? My experience suggests this is not the case.	P	
	Why can't ALL spine surgeons be thoroughly vetted and approved as specialising in Scoliosis so that we can trust our care to them?	P	
	Could other medical professionals (eg; physiotherapists, GPs etc) be made aware of who is a true scoliosis specialist that they can refer a patient to. Especially the levels of competence for each form of the condition.	P	
	Why is there no care or support for people who have scoliosis since babies and are now in their late fifties?	P	
	Why is it so hard to find someone who can advise you on how to help and cope with it?	P	
	How do you get easier access to specific consultants who specialise in adult scoliosis?	P	
	Can gp surgeries have more say about help/support?	P	
	why the hell negligent doctors lie and refuse to treat scoliosis pain effectively and denies scoliosis is even the cause	P	
	Are pre-op checks carried out adequately before spinal correction surgery in non-muscular patients?	P	
	Why does it take so long to diagnose degenerative scoliosis and be referred to a specialist who will provide the appropriate treatment?	P	
	Why can't we get access to free chiropractic or physiotherapy?	P	
	Why is there a shortage of spinal consultants and what is being done to recruit and train specialists?	P	

	What alternative treatments are available through the NHS?	P	
	Should there be more awareness in schools of scoliosis	P	
	Why are doctors so reluctant to refer scoliosis patients? It took me 3 appointments to be referred and in this time there was most likely more growth and curvature, making it more severe.	P	
	What information is available to GPs to inform them of the various problems arising from scoliosis?	P	
	How much training is being done with younger surgeon's to surgically treat old Harrington rod issues - namely Flatback syndrome?	P	
	How have treatments changed since the 80's, is night time traction still used?	P	
	How can we raise awareness about the link between scoliosis and conditions such as muscular dystrophy, to ensure that health professionals provide holistic, joined-up treatment?	P	
	Are body image issues identified where they exist?	P	
	Why is there no treatment for extreme double Scoliosis when you are old.	P	
	I also have EDS so my bends in my spine are pretty unstable , producing a lot of pain. I have had replacement discs and had slipped vertebrae corrected. I've had no physio help , it's as if it is expected with my condition so get on with it.	P	
	Why is it so difficult to access pain management and psychology for children who have suffered from birth and have so much pain to cope with.	PR	
	My daughter was lucky enough to benefit from the Spinecor brace, we had to travel from our home in Liverpool to Sheffield for the treatment. Why is Spinecor not available nationally?	PR	
	Why do some professional people seem to think when scoliosis people suffer with pain ,comments scoliosis don't cause pain and believe it's more off a mental state of mind ?	R	
	Could the Mehta casting method be introduced by the NHS?	R	
	Should parents and children be more aware of scoliosis?	R	
	Quadriplegic children spend the majority of their waking hours in their wheelchairs. Are the nhs contracts with wheelchair services sufficient to maintain the best postural support for children or is lack of reviews for the "fit" of the chair causing bad posture leading to earlier onset of scoliosis	R	
	Scoliosis can be life debilitating, its treatment should be seen as a priority by the NHS. Where is Scoliosis listed in NICE.	R	
	Why do consultants not give the true facts about severe curves worsening and the impact this will have on the results of surgery. If this information is given honestly and all options and outcomes are given honestly, the patient will be able to make a decision on if and when to have surgery based on personal circumstances and priorities.	R	
	Would the care of patients with Scoliosis in later life e.g over 60, who often have other health problems too - be improved if their GP's and other health professionals had a much better education and understanding of Scoliosis generally as well as its possible role in other health issues such as walking/mobility/knee pain/foot pain/breathing problems etc	R	
	The diagnosis of the reason for my son's scoliosis (adolescent idiopathic or syndromic - Marfan's) has taken a very long time (over 2 years as we're still not there). There seems to be have been little consensus among the doctors as to which tests are actually required to arrive at a diagnosis (ECG or Echocardiogram, genetic testing or clinical diagnosis). This lengthy process, and the accompanying conflicting explanations from different doctors, has been extremely stressful.	R	
	Why do GPs not check first signs of scoliosis in young patients? It could prevent or revert perhaps, its further development.	R	
	Why are parents not made aware of how little help they will receive with their child's rehabilitation post hospital?	R	
	What can be done to raise awareness of the condition (idiopathic scoliosis) with parents.	R	

	Idiopathic Scoliosis diagnosis is very daunting for children and parents can more support be provided at hospital level immediately upon diagnosis.	R	
	What treatments are deemed to be the most effective? What treatments are available on the NHS?	R	
	Can training for GPs diagnosing be improved? My daughter's condition was diagnosed by physiotherapist treating her ankle.	R	
	Has anyone considered the psychological effect of the long waits for surgery and last minute cancellations due to lack of HDU beds?	R	
	Why isn't the Mehta casting or edf technique done in the u.k anymore?	R	
	What percentage of people who have spinal surgery for thoracic curves have their ribs shortened to correct the size of their back hump?	R	
	What timelines between diagnosis, referral, monitoring, and surgery should be expected and what should I do if I feel we have been 'lost' in the system?	R	
	Can there be more publicity amongst GPs as my daughter took 5 years of visits to be sent for an X-ray and another 2 years for her diagnosis of 3 large curves	R	
	how can we better join services to manage scoliosis with a holistic viewpoint, eg, physio, seating, orthotics, consultant.	R	
	What can be done to prevent scoliosis in DMD my son is 22 with no signs so far. We are concerned he could become 'chair shaped'. He has weekly hydro with Physio alternating. What else can we do?	R	
	Why did Scotland not make more GP practices aware of the condition.	R	
	In areas where there is no actual spinal clinics for children would a specialist visiting nurse/consultant be encouraged to run a clinic say once a month for support for families. We had a 4 hour round trip to see a specialist as no one local.	R	
	Why is there not a more consistent approach to treating scoliosis across the uk? Eos machines should be used across the UK , not only in England , but in Scotland and Wales too for patients who require more frequent observation of curve progression. Why is this not a priority and why are patients with high risk of curve progression not being referred to the hospitals that have these machines.	R	
	Why is the treatment of Scoliosis in Scotland so far behind the developments of the condition compared to England and the rest of the world.	R	
	Why is it not a priority for treatment on the NHS as the waiting list for my daughter is 6 months.	R	
	Are nurse staff treating patient after spinal fusion given training in recognising the signs of SMA syndrome?	R	
	Why is verebrael Body Tethering not being offered more widely in the UK	R	
	Why is Mehta casting in early onset scoliosis not standard care in the UK but is on the U.S. Especially as it was developed here on the UK by Min Mehta	R	
	There seems to be little to no options in Northern Ireland for kids in this category. America and Australia seem to offer more)	R	
	What options are there after natural fusion has taken place leaving the body still distorted?	R	
	Why isn't there information provided by doctors on what procedures are available either via Nhs or private giving us the best way forward for every individual case?	R	
	What alternative therapies are available on the Nhs and privately that are proven to aid all aspects of scoliosis?	R	

	On referral to a consultant you are given their preferred treatment option/s rather than in advance of meeting the consultant being given a booklet detailed the process to get to that treatment plan. Could a booklet be introduced outlining 'the usual' course of action? i.e. visit GP, referral to consultant, x-rays, MRI, CAT and/or any other likely pre surgery investigations. I have joined a Facebook support group and without this I would not have any preparation of what lies ahead. Simple things like how long the pre surgery assessment takes (I didn't know it was over 2 days!), what to take to hospital (sounds simple - not really as can the parent stay in the room/on the ward/nearby? and the length of time between meetings - 6 - 8 weeks seems the norm but we are all left pouncing on our postie every day hoping a letter is from the hospital. Anxiety levels for parents/carers and the patient run very high for Scoliosis and it need not be that way. Communication is key and simple to implement. We have rung the hospital several times due to lack of information when if we have a booklet we'd know what to expect. Ringing all the time takes up the Secretaries valuable time!!	R	
	There seem to be huge discrepancies across the country in the advice parents and boys are being given regarding corrective surgery re DMD. Why is this the case?	R	
	Why are The Eos X ray machine and SCOLIOSCAN not available in Scotland yet, they are the way forward in monitoring scoliosis progression with a greatly reduced exposure to radiation , especially for children.....other than cost	R	
	Why are alternative methods of scoliosis specific physiotherapies such as Schroth not used to improve muscle balance and pain and possible reduction in slowing down curve progression along with brace use in Scotland..... other than cost.	R	
	Why are alternative and more effective bracing methods which may offer more compliance with children not considered in Scotland,,,,,other than cost.	R	
Questions that are asking for information or advice	What treatments are the best to carry out with children with Scoliosis	H	
	What options are there beside major surgery or nothing	H	
	What new surgical techniques are there?	H	
	What is the gold standard treatment approach for idiopathic scoliosis? Is there a pathway and is the funding regional or national? e.g. postcode lottery	H	
	What treatments are available for neurodisability scoliosis?	H	
	Does the position in which the x ray is taken (with or without support, laying or sitting) have an affect on when a surgeon feels surgery is indicated?	H	
	What are the current treatment approaches for different types of Scoliosis	H	
	Once scoliosis has been identified, what is the treatment protocol i.e spinal bracing	H	
	Can I see my surgeons results	H	
	What effective treatments do we have for early onset scoliosis?	H	
	Do you have respite?	H	
	What are the post operative restrictions with regards to physiotherapy and hydrotherapy in children undergoing scoliosis corrective surgery?	H	
	Do magnetic growing rods really work ?	H	
	Is surgery for adolescent idiopathic curves of 50-70 degrees any more than dangerous cosmetic surgery	H	
	What are the options for treatment and management of Scoliosis in people with Neuromuscular Weakness ?	H	
	Is there a range of supportive girdles/appliances comfortable to wear, washable etc?	P	
	Where to go for diagnosis with visual models online showing each scoliosis at what spinal level?	P	
	For someone with symptomatic scoliosis how will it be dealt with and by whom?	P	
	Once scoliosis has been diagnosed what, if any, future monitoring will take place?	P	

	After having Adolescent idiopathic scoliosis surgery, is having a back massage okay to do and how far along post-op is it OK from?	P	
	If fused does metal work need replacing if taken out	P	
	What is the average length of recovery after surgery at different ages?	P	
	Has the American scroth? Method been used in the UK ?	P	
	What are the main issues stemming from bone graft spinal fusions completed before the introduction of rods? How many living people in the UK had spinal fusions before rods? How many people in the UK experience difficulties stemming from earlier bone graft spinal fusions? What treatment options exist?	P	
	What advice is available for adults who have had surgery in adolescence and suffer with pain or a deterioration in their condition later in life?	P	
	Is there a network of people suffering with Scoliosis that identifies similar age and condition so that they can network and support each other ?	P	
	Why am I expected to suffer on my own with pain killers	P	
	Can I access my medical records?	P	
	Will there ever be a possibility of having the spine straightened despite having a severe congenital cervical fusion with associated head tilt? (Syndromic scoliosis from Klippel-Feil Syndrome)	P	
	Can there be more support for older patients who, like me were not offered corrective surgery when we were young and have now been told that it would be too risky to operate?	P	
	How can older (unoperable) patients get access to the newer advanced types of bracing, as when we get older we feel we need more support to prevent our spines degenerating even more?	P	
	How can we teach children what to look for and help them to perhaps self diagnose themselves or friends for quicker medical attention?	P	
	Are there any sleeping aids, I am even less comfortable lying down and have lost count of the number of different pillows I've tried. During the evenings the pain is more severe.	P	
	I am 65 years old with severe scoliosis and a compensatory thoracic curve. Exercise and walking makes the pain and discomfort worse. This was not discovered when I was growing up. I am offered pain killers, Solpadol and Ibuprofen. Constant sciatica is a problem with trapped nerves on the affected side. Can surgery 'untrap' the nerves so that I could stand reasonably straight instead of having to stoop forward? I have an idea that the curve is close to 90 degrees.	P	
	How safe is scoliosis surgery?	P	
	What are the treatments for scoliosis that do not include surgery or bracing?	P	
	What support is there post surgery?	P	
	What help is out there if further issues arise post op, and is there anyone to talk to about this?	P	
	Should I have regular check ups?	P	
	Should the Harrington Rod be removed ?	P	
	How should scoliosis be managed in the teens?	P	
	What can we do to encourage support & ensure success in bracing even if it is used to minimise the degree of curve so that surgery if necessary is less complex therefore less expensive, where possible?	P	
	What advice should be given to manage scoliosis in middle age?	P	
	What long term treatment is there?	P	
	What's my ultimate range of flexibility after the operation?	P	
	Is an increase in shoulder and neck stiffness normal post-op?	P	
	Support groups available. There are no local support groups available for me - and this I would have found (and would still find) of great help. Perhaps research could identify support groups in all areas.	P	

	It would also be useful to know where to purchase appropriate clothing - I have found so many clothing uncomfortable (making my pain uncomfortable and sometimes worse). Perhaps research could be done to find / encourage stores to sell clothing for people who have scoliosis.	P	
	What support can I get? Not just from specialists	P	
	What treatment is there for the older patient who has never had any surgery?	P	
	I was diagnosed at 23 and was told that surgery was only for cosmetic benefit and not for pain. Is this true	P	
	Why are doctors reluctant to perform surgery on someone aged mid forties?	P	
	What degrees are considered to be mild, moderate and severe as I have had conflicting information from specialists? Why is there not an information sheet about the above basic confirmations as to scoliosis	P	
	Is it possible / safe for an individual with scoliosis to have an epidural anaesthetic, particularly if they have had spinal fusion?	P	
	what help can be given to someone with advanced Degenerative Scoliosis for whom an operation is not recommended?	P	
	Now aged 44, I have two sons. Should I be getting them screened by professionals for the condition or just rely on myself to notice if anything is wrong.	P	
	Apart from asking my child to bend over and noticing a hump - are there any other recognised methods to spotting scoliosis?	P	
	Why did my scoliosis develop so quickly when I was 10-12 years old but not show any signs at all before then?	P	
	Is it possible for an adult to see a scoliosis specialist on the NHS	P	
	Is counselling available once Scoliosis has been diagnosed?	P	
	Do people with Scoliosis receive help with ideas for clothes?	P	
	What are the signs to look out for if Scoliosis is developing?	P	
	Can a spinal specialist operate on me or do I need a scoliosis specialist surgeon?	P	
	if I've been told I'll only get worse without a fusion, will I be off the list permanently if I'm not ready to accept surgery yet?	P	
	If my osteoporosis is a possible risk factor (for surgery) should I have a routine Dexa scan ?	P	
	Will treatment for ovarian cancer affect scoliosis?	P	
	Are there any forms of support to help hold your stature In a more 'natural' position which would help your function thereby lessening tiredness?	P	
	Why is surgery to fix an unstable scoliotic spine now threatened with being discontinued?	P	
	Why am I like a walking aerial near radios and wi-fi (I had a Harringtons Rod fitted)?	P	
	Can Scoliosis be diagnosed before symptoms start to show or	P	
	What support is there for older people who had adolescent scoliosis perhaps five decades earlier and are experiencing problems as they age?	P	
	Are Harrington Rods still used, and if so have there been changes in how they are used?	P	
	Is the surgical approach still the most favoured by the medical profession?	P	
	What treatments are available for old people with scoliosis?	P	
	Are there any specialists other than surgeons who offer treatment for old people with scoliosis.	P	
	Any therapies for reducing neck and shoulder discomfort?	P	
	Difference between medical help at the present compared to how it was over 40 years ago all types of them	P	
	Being able to have medical information regarding what's is wrong with us and what medical appointments operations as all scoliosis patients have different problems differencet medical help example I've got know knowledge or correct info regarding myself and don't know where to get this from	P	

	For teens in school year 13, how can time off school for surgery be managed so that A-level exams can still be taken without having to repeat the year?	P	
	How long after scoliosis surgery until A) pain has subsided? B) you can go back to school? C) all normal activities can be resumed? D) you feel completely normal	P	
	Are there any treatments available to scoliosis sufferers in their adolescent years, or do you have to wait till the body has stopped growing?	P	
	In what way should scoliosis be measured - sitting, standing, lying down or all 3?	P	
	What are the symptoms of chronic kyphoscoliosis?	P	
	What kind of exercise is safe for fusion patients , for examples yoga, Pilates etc	P	
	What are the best treatments for severe scoliosis when surgery is no longer an option?	P	
	What medical/complimentary medical support is available for women post menopause with scoliosis?	P	
	Is any research being done posthumously on spines of patients with scoliosis and is it possible to donate a spine for research?	P	
	How can neuromuscular scoliosis be more effectively treated -'Bracing' is not an option so is there any treatment available?	P	
	The effects of scoliosis can affect the quality of life. Even a tailor-made wheelchair in my case has limited capacity to prevent leaning to one side. What care would be effective as scoliosis advances in an individual?	P	
	I have had scoliosis diagnosed when I was 15. I am in constant pain except in bed. Can you suggest anything ??	P	
	physiotherapy could do more harm than good ! Any specialist comment on that ?	P	
	How do you check for someone having scoliosis?	P	
	My last mri was 3 years ago, and there is OA in the spine. How often should I have an mri?	P	
	How effective are recent treatment methods compared to the Harrington Rod	P	
	Are there any other medications that could help that the doctor has not told me of?	P	
	I have been attending a private specialist who is giving me exercises to slow down / combat / help ? with the condition, but I find that I either hurt too much to do these exercises on a daily basis, or after I have done them hurt for days afterwards, so have stopped doing them, they are not excessive or difficult manoeuvres.	P	
	How strong is the genetic link especially in adolescent idiopathic scoliosis and should I be checking my sons spine?	P	
	What would happen if I had my Harrington rod removed?	P	
	what can I do to improve my breathing?	P	
	As someone with kyphoscoliosis ages, what is the impact of fusion in the lower spine which hasn't been operated on and how does that affect the sciatic nerve and the knees?	P	
	For patients with multiple complex spinal conditions such as my self (for example I have a spinal cord injury, scoliosis, kyphosis, syrinx, osteoarthritis, sacroiliac pain and Ehlers Danlos Syndrome Hypermobility Type) what holistic support and treatment are available? From experience my surgery/treatment has only focused on managing one aspect of my spinal problems (scoliosis surgery) and has neglected to take into consideration the impact of all of the issues on my treatment, recovery and rehabilitation.	P	
	Is there a link between EDS and scoliosis and what information is available to support and treat patients with both? Having developed new problems following spinal surgery for scoliosis correction I was not given any information or advice about the potential impact of EDS post surgery and the implications/risks.	P	

	Should I be concerned that after wearing a brace for a year in adolescence shortly after a diagnosis, I have never seen a physician about my scoliosis (now 33) ? I have however seen them because of hip and knee complaints - I believe both were consequential to my curve.	P	
	What support is available for people who are diagnosed young (I was about 13) but left to my own devices when I stopped growing?	P	
	What ongoing treatment/maintenance is recommended for degenerative scoliosis in the lumbar region?	P	
	Is it better to wait before treating scoliosis or act as soon as the condition is diagnosed?	P	
	Are there any jobs or activities that a person with spinal fusion can not do?	P	
	Why is there so much medical disregard for the withdrawal symptoms of long-term Pregabalin?	P	
	What are the main first symptoms of scoliosis that someone can notice or visibly see on someone who has scoliosis, but doesn't know about it?	P	
	Has anything ever gone wrong for someone who underwent surgery? If so could this complication cause that person to be stuck in a wheelchair for the rest of their lives?	P	
	What are the pros of the surgery?	P	
	What are the cons of surgery?	P	
	Where should one turn to for support when GPs and NHS doctor's of today have no clue what a Harrington Rod is and the consequences of living day to day with it and the constant pain it can cause?	P	
	I feel as though I've been left in limbo with it.ive not had any support with the orthopaedic consultant I saw. I have not been even referred to a scoliosis specialist.	P	
	Is there help for a case of idiopathic scoliosis first diagnosed 60 years ago (aged 15) which has worsened considerably?	P	
	As a long time sufferer could my scoliosis be described as degenerative now with no treatment options?	P	
	Why am I having more nerve ending pain from neck down to my toes	P	
	Why is there no information about what happens to the many who have severe scoliosis for many years. All information is geared towards children and those with less severe scoliosis	P	
	Is it better to use a manual or electric wheelchair if you have mobility problems caused by severe scoliosis? I was prescribed a manual wheelchair by the NHS but found it impossible to self propel.	P	
	How can parents care for their children who suffer with scoliosis?	P	
	What options are available for patients with >45 degree curvature these days?	P	
	Can your ribs break during surgery?	P	
	After spinal fusion surgery, is there any other procedures to lessen your twisted ribs?	P	
	Are there any checks at a very early age that my descendent can have, just to see their backs are ok? I have 2 nieces of 1 and 2 and as it appears this is in our family it would be good if the girls could have checks, just to be sure nothing is afire.	P	
	How will be flexibility be affected if I have surgery?	P	
	is highly likely that my grandson also has a scoliotic spine what should we look out for in him?	P	
	Does having scoliosis (treated or not) increase the likelihood of developing frozen shoulder?	P	
	Does treatment depend on severity?	P	
	Why does nobody tell you anything about it except that you have it?	P	
	Is Aromatherapy massage OK ?	P	
	Does nerve damage/feeling come back eventually after surgery?	P	
	Can anything be done to aid walking / standing when your spine curves back as i don't stand up straight but lean back.	P	

how is scoliosis managed from childhood into adulthood?	P	
what is the treatment of scoliosis	P	
How can you identify the early signs?	P	
What should you do if you think you are being affected?	P	
Is there any local services available to help with difficulties?	P	
Can your spine move after spinal fusion? As I feel I have moved	P	
What treatments have you found to help.	P	
Why is there no replacement for a missing / damaged spinal disc that does not require the spine to be stabilised with rods and why are there no bendy rods for stabilising bent spines.	P	
If i have muscular dysrophy am i limited to what treatment i can have for scoliosis and my lumbar spina bifida?	P	
I have this so can my kids automatically be seen to keep eye on them?	P	
What should be done care wise ?	P	
What non-invasive treatment is available?	P	
How do you know what type of scoliosis you have and when it first appeared in your back.	P	
Is there a special shop which caters for shorter tops for people like myself. I also find when I sit a table now I am quite far down and the table seems too high.	P	
How would someone with a three curve deal with activities and Pilates/yoga after an operation ?	P	
What are the treatments for adult scoliosis?	P	
What care and support is available for adults with have been diagnosed with scoliosis later in life?	P	
Is there any nerve damage associated with scoliosis surgery?	P	
Could scoliosis make me out of breath?	P	
What is the current gold standard treatment	P	
What support if there for people diagnosed with the condition	P	
What is the recognised gold standard treatment today	P	
Is there any research being done for spinal correction, to fully straighten a spine?	P	
Will there always be occasional pain in my back	P	
Will my back always be numb	P	
Are certain exercises more difficult when you have scoliosis?	P	
Does scoliosis lead to tighter muscles?	P	
is there a way to detect future diagnosis for idiopathic scoliosis	P	
. Why have I recently only been diagnosed?	P	
Can you explain the Khyto-scoliosis to me please?	P	
If you have the rods removed after having spinal fusion would the spine start curving again	P	
The surgery to correct my scoliosis resulted in my hips being misaligned, and I was left with a slight limp... they were fine before. Doctor said I would never be perfect but think this should have been avoidable?	P	
Do most people have rods removed some years later after having spinal surgery?	P	
What can be done to diagnose children entering puberty if they haven't noticed symptoms themselves?	P	
Can anything be done if the positioning of ribs causes pain?	P	
Certain movements cause pain when I return to normal position. I would like to know whether I should stop these movements, or whether it is better to keep as flexible as possible.	P	
Where scoliosis develops after an illness, in my case polio, is physiotherapy considered to be effective or would it only weaken polio affected muscles?	P	
In the 1950's and 1960's, manipulation of the spine and bone grafting were considered treatments in straightening the curvature. The later effect of this was often very severe pain. Is this still considered to be a treatment?	P	

	If scoliosis occurred through something like polio today, how would it be treated?	P	
	Is having painkillers such as ibuprofen to hide back pain acceptable on a regular basis?	P	
	Can surgery help with the rotation of the spine as much as the curvature?	P	
	I have had a scoliosis which was treated with metal rods. Would there be any benefit in having them removed, now that my vertebrae are fused?	P	
	Is there any age limit on having metal rods removed, after treatment for scoliosis?	P	
	How can I be certain I won't react to the metal alloy used in the hardware placed during surgery?	P	
	What treatment is available for scoliosis?	P	
	How to find clothes to fit?	P	
	What particular exercises are necessary to perform after such operation? I there any video that a patient can follow?	P	
	I had my corective surgery 25 yrs ago. Are there any new treatments/procedures which may further improve my condition?	P	
	What are the treatments or therapies available for those with secondary lumbar curves after thoracic curve fixation?	P	
	In people with cmt an scoliosis what is know to be the best support for the spine walking aids don't help with the support of the spine only ballance.	P	
	Is it a good idea to investigate for scoliosis early when a patient is reporting backache from sitting during work in conjunction with a neuromuscular condition?	P	
	What differences are there in symptoms of lower back ache or rounded shoulders - scoliosis as apposed to general backache?	P	
	Can scoliosis be corrected with an operation when it is due to a Nueromuscular condition?	P	
	What options are available for revision surgery if the patients condition requires this?	P	
	why can't people with extreme double Scoliosis have some sort of spinal suport jacket to stop it getting worse.	P	
	Am I too old at 52 to have a rod fitted to prevent further curving?	P	
	Are epidurals a realistic pisdibility with a spinal fusion rod?	P	
	The idea of wearing a Milwaukee brace is not appealing - have things moved on?	PH	
	For families with children who have significant scoliosis from birth, why is the condition allowed to progress for months at a time in the initial stages without closer intervention?	PR	
	Is it usual for spinal fusion to result in constant unrelenting back pain - and if this is a possibility - why is it not explained as a possible risk when asking a child to make a decision to go ahead with surgery of this type that has such a significant impact on his daily existence.	PR	
	If a parent thinks a child has early signs of scoliosis when a sibling had already developed it aged 14 should the matter be taken seriously and treated? Monitoring appears not to be positive help.	R	
	Why has the bend test not been implemented as a compulsory school health screening test for early adolescents?	R	
	Why is there not more talks given about scoliosis to the public e.g. at schools colleges etc?	R	
	How do I support my teenager who is still having problems after surgery?	R	
	What help is available for people with learning disabilities and diagnosis and treatment?	R	
	How dangerous is it to undergo spinal fusion when you are seriously under weight?	R	
	Is it harmful for children with scoliosis, after back surgery to implant 'MAGEC rods', to have aromatherapy massage.?	R	

	What are the different treatment options for early onset scoliosis	R	
	What approaches are most effective for encouraging concordance in adolescent children with scoliosis?	R	
	Why is the bend over xray only carried out just prior to the operation ?	R	
	Why do some surgeons seem to carry out costoplasty as part of the course yet others don't even suggest it ?	R	
	Can my daughter get a blue badge for when she is unable to walk very far because of the pain?	R	
	Why does the UK recommend surgery rather than bracing as in Europe?	R	
	Have there been any advances in the treatment of scoliosis in the last 5-10 years?	R	
	Why is surgery performed before children have reached their potential growth?	R	
	Why is scoliosis more common now than say 30 years ago?	R	
	Why is the wait for surgery so long?	R	
	Can magnetic rods be left in as a permanent brace in adulthood as an alternative to fusion?	R	
	Why is it more common nowadays?	R	
	Should a curve of forty degrees be braced or is it eventually going to deteriorate and require an operation anyway?	R	
	Are there indicators of AIS prior to puberty?	R	
	My husband has adolescent idiopathic scoliosis and had a fusion op at 17. His breathing is now greatly impaired owing to movement in his rib cage over the last 10 years and he has to use O2 and a bipap machine at night. Why is his treatment allied to that of COPD and asthma sufferers when his lungs are not diseased but simply squashed?	R	
	How big a risk is an operation to correct scoliosis and how inflexible will it leave the patient ?	R	
	It appears that different trusts supply different types of the same brace and there is some disparity over some people that have plaster casts for their brace fittings others don't. Why is this? Some offer free specialist vests, other trusts leave this to the patients and often people are on forums asking what on earth they should buy. It would be wonderful if everyone could be given at the point of the clinic the same information and advice. There should ideally be a leaflet for brace wearing, what to expect, what you will need to do, how to get used to it. etc.	R	
	Once growing rods are no longer working, what other alternatives are available? Surgery or alternative therapies?	R	
	Why do some surgeons do anterior and posterior surgery at the same time while others will do it as two separate operations... Which is most effective?	R	
	Are there any alternative treatments for early onset scoliosis besides bracing and surgery?	R	
	How safe are magec rods in children with early onset scoliosis?	R	
	How flexible are you after surgery?	R	
	Where do you look for support if your child is diagnosed	R	
	What are the signs to look out for?	R	
	With Adolescent Scoliosis, is surgery better before or after child has stopped growing?	R	
	When having magec rods fitted. Do they normally stick out so the look visible under the skin as my daughter has what looks like the top of the rod push up through the top of her back.	R	
	Should patients with joint hyper mobility syndrome (ehlers danlos syndrome) be monitored for scoliosis	R	
	why is there not more information given to parents to enable earlier diagnosis?	R	
	How much is flexibility affected post-surgery for scoliosis?	R	
	Is it necessary to be braced after surgery?	R	
	After surgery how can I best help my child if they are not happy with the results?	R	

	Immediately after surgery what symptoms of complications should I be aware of eg spinal cord leak.	R	
	What help can a spouse be	R	
	can the medication be the cause of mood swings	R	
	How is it diagnosed?	R	
	When first suspected, it seemed to 'worsen' very quickly, is this normal?	R	
	What can we expect if surgery is the most optimum route?	R	
	How can I help my child come to terms with such major surgery?	R	
	IS IT THROUGH ONLY SCANS THAT ONE CAN BE DIAGNOSED AS HAVING SCLEROSIS?	R	
	Will my daughter still be as flexible after surgery if it goes ahead	R	
	Could more be done to bring people together who have scoliosis either pre or after surgery in areas outside of London?	R	
	What can we do as parents to help recovery from surgery?	R	
	How best do we manage scoliosis when it is early onset and too soon for surgery?	R	
	Should rods be left in or removed once spine has fused.	R	
	How do you convince your GP it is scoliosis.	R	
	Why do we never get any feed back from Scottish ministers about the condition.	R	
	Is there anything we can do to alleviate symptoms.	R	
	How can parents be educated in looking out for the symptoms of Scoliosis in their growing children?	R	
	What are some of the ways to identify if I have Scoliosis?	R	
	list of signs to watch for in diagnosing Scoliosis in girls	R	
	is it beneficial to have 2 stage surgery which derotates the spine to a greater degree and has a straighter outcome, in particular with reference to long term joint problems, hip, knee replacement etc?	R	
	What are the risks of surgery?	R	
	Do thoracoplasties offer a permanent solution to rib humps?	R	
	What professional CPD is given to spinal nurses and consultants to help keep them informed of developments around this condition.	R	
	Is the case of teenage girls developing scoliosis increasing? Posture is so important - the technology age we live in where teenagers spend a lot of time looking down - should there be an awareness campaign of the symptoms that could be detrimental to their health in PSHE classes at school?	R	
	I had never heard of scoliosis until my daughter showed symptoms, shouldn't this be more published?	R	
	What are the pros and cons of surgery?	R	
	It's quite common but I've never heard of it until my daughter was diagnosed - why is there not more awareness put out there?	R	
	What are the most effective ways of supporting a child with Scoliosis	R	
	Is there very early onset signs that we can recognise that will indicate Scoliosis in later years?	R	
	Can the appearance of a rib hump be improved at the time a spinal fusion takes place?	R	
	Why is wait & see considered a treatment option in smaller curves? Surely proactive treatment would be better?	R	
	Having scoliosis and now 18 yrs what kind of help is there for young adults?	R	
	How long after surgery is normal bending and twisting prohibited.	R	
	Are there alternatives to the types of brace. Children grow out of them so quickly and they are so expensive	R	
	What degree of thoracic rotation is linked to shoulder symptoms?	RH	
Questions that are too broad, off-topic or unclear	look at national blood product use in scoliosis surgery in children	H	
	Caring for and supporting children and adults with Scoliosis	H	
	How could we make the treatment safer?	H	
	When should we treat scoliosis	H	
	What is best management for adult scoliosis	H	

	What is the influence of a spinal jacket/brace on outcome of scoliosis	H	
	Is physiotherapy able to improve scoliosis? Does the amount of physiotherapy influence outcome?	H	
	What are the young peoples experiences on the ward when they are an inpatient? What can be changed to make their stay more comfortable?	H	
	In patients (children) with neuro scoliosis what evidence is there to support the best treatment options	H	
	what is the optimum wear time? (FOR A BRACE)	H	
	Is there a particular focus for physiotherapy, which is most effective eg strengthening, stretching, range of movement, core stability, hands on therapy?	H	
	What is the effective level of Physiotherapy intervention for children of scoliosis of varying degrees?	H	
	what is the best management for neuromuscular scoliosis caused by paralyses and growth	H	
	Retrospective study: of physio vs ortho intervention / mx & scoliosis outcomes in idiopathic scoliosis presenting from age 10 years (database, do 2/5/10 year follow up)	H	
	Should the different types of scoliosis be managed differently because of the underlying cause.	H	
	Is physiotherapy beneficial in the treatment of scoliosis	H	
	When does a mobile scoliosis become a fixed scoliosis?	H	
	What research is there into the difference between idiopathic and neurological onset scoliosis treatment options?	H	
	Is physiotherapy effective for scoliosis	H	
	The effectiveness of bracing	H	
	The effectiveness of physiotherapist	H	
	How can we improve the family's understanding of the benefits and risks of scoliosis surgery?	H	
	At what COBB angle should one consider a TLSO?	H	
	Efficacy of spinal jackets in the treatment of scoliosis	H	
	How aware are adult patients about the outcomes and risks of scoliosis surgery immediately after they have been consented?	H	
	Treatment for scoliosis	H	
	Outcome for scoliosis	H	
	What is the health gain for patients in neuromuscular scoliosis	H	
	can gene therapy help in AIS treatment	H	
	What evidence is there to support prehabilitation in the neuromuscular cohort of patients pending spinal surgery? And does this impact on length of stay?	H	
	Surgical spinal fusion for scoliosis	H	
	is there a role for bracing in scoliosis treatment - which brace	H	
	best indicators for those children with CP who will need NIV in the immediate post op period	H	
	Is there any point in bracing older people with scoliosis?	H	
	Would a brace or manipulative therapy be of any benefit to an older scoliosis patient, such as myself (36)?	P	
	Would some kind of bracing help with people of an older age.	P	
	What role can alternative therapies take in the management of scoliosis?	P	
	Isn't time that an auto referral for spinal management is put in place with all state school children and PE at school is about the 'tools for life and mobility' rather than winning pointless medals and showing off?	P	
	Scoliosis has an impact on being able to swim, why are back strokes not taught properly in school swimming lessons?	P	
	Symptoms of scoliosis	P	
	Diagnosis of scoliosis	P	
	Treatment of scoliosis	P	

	What is the prevalence of spinal syrinx? What is its rate of development and what factors impact significantly on this? What are the best forms of treatment for spinal syrinx in its later stages?	P	
	Physio therapist are scared to give me tasks at times as my spinal fusion wasn't a full fusion due to some sort of complication	P	
	Is there any medicine to cure idiopathic scoliosis???	P	
	What is the treatment for a frozen shoulder in elderly people in their 80's like myself? I have tried treatment with the chiropractor but to no avail!	P	
	The kypho-scoliosis seems to affect my balance, though I manage to lead an active life, aged 86, but walking causes me to sway right and left and tires me. Has this led for the last few years to Ataxia, mainly of the legs?	P	
	Will there be a way forward in either controlling the rate of growth using DNA collaboration technology, of certain relative bones associated with Scoliosis in order to prevent the degree of the scoliosis being severe in later years or prevent any fluctuations in ALL the spinal bones associated so that the spine could remain straight and could be the cure towards Scoliosis?	P	
	Are bone density tests mandatory, mris to see if there are any neuroleinal anomalies causing scoliosis?	P	
	Is there any treatment for scoliosis?	P	
	Why are there limited 'cures' to scoliosis?	P	
	Is regular treatment from a Chiropractor recommended?	P	
	And what are the best treatments?	P	
	Causes of	P	
	Long term affects of	P	
	What variance is there in physiotherapy responses to scoliosis? In particular, different emphasis on building core and particular strength, versus physiotherapy that focuses on attempting to change curvature.	P	
	Should people with scoliosis be treated any different?	P	
	Does massage and acupuncture help	P	
	The treatment of scoliosis	P	
	The symptoms of scoliosis	P	
	Caring for and supporting people with scoliosis	P	
	Cauda equina in malignancy cases is deemed a neurosurgical emergency, why does this not apply to it when caused by an unstable scoliosis (when these patients will likely survive for many years longer)?	P	
	Has it been proven that physiotherapy improves the condition?	P	
	What is the best way to treat idiopathic scoliosis in the hypermobile patient?	P	
	What are the most effective treatments to manage symptoms post bracing?	P	
	Treatment for scoliosis.	P	
	What is the role of complementary therapies in asthma management?	P	
	Diagnosing scoliosis	P	
	Would a brace be beneficial in treating scoliosis or spondylolisthesis in adults? If so what kind?	P	
	Would a brace be beneficial in treating scoliosis or spondylolisthesis in adults? If so what kind?	P	
	Does osteopathy help in the long or the short term or am I wasting my money?	P	
	Does physiotherapy help?	P	
	What research has been/ is being/ is being planned into the types and effectiveness of physiotherapist-recommended exercises to help maintain mobility and decrease pain for scoliosis patients pre- and post-operation?	P	
	How can the worsening symptoms of life long kyphoscoliosis be addressed?	P	
	Will physical therapy treat Scoliosis?	P	
	How does monitoring in adults provide information to patients?	P	
	what methods and treatments are effective for limiting progression and also for management of symptoms?	P	
	How would holistic (joined up) research and treatment regimens improve lifelong management of scoliosis?	P	

	What is the most effective treatment for hyperkyphosis? I have kyphosis of over 60 degrees	P	
	Do complimentary therapy help people who have had severe scoliosis since birth?	P	
	Is it preventable if found at embryo stage of pregnancy	P	
	Why was I told I would have a 'nerve block' (for a scoliosis caused trapped nerve) when what they meant was a steroid injection?	P	
	What benefit do complementary therapies have?	P	
	Is there a sufficient consistency between medical practitioner around pain management	P	
	can scoliosis be cured	P	
	How was your scoliosis first recognised ?	P	
	Does massage or physiotherapist help in treating scoliosis?	P	
	How much of the discomfort I experience from time to time is due to "perceived" effect of my scoliosis rather than "real" effect?	P	
	How would you prevent back cracking and why does it happen?	P	
	What's the best treatment for early onset scoliosis?	P	
	Does bracing work?	P	
	What are the most effective treatments for late onset/degenerative scoliosis	P	
	Does physio therapy help?	P	
	Care for those with scoliosis after hospital discharge.	P	
	Where did scoliosis start from?	P	
	How effective is physiotherapy for scoliosis and what movements are effective?	P	
	How effective is osteopathy/chiropractic in the treatment of scoliosis?	P	
	Can complementary therapies be beneficial alongside surgery. Such as massage, reflexology and acupuncture.	P	
	What are the most effective alternative therapies for scoliosis?	P	
	Symptoms to look out for that really need to be investigated when someone has a very severe scoliosis, versus pains or symptoms that can be ignored.	P	
	Is it not good for the hips and ribs to rub together.	P	
	"Physiotherapy is an overprescribed, very expensive, and in the long-term ineffectual treatment for scoliosis related conditions?"	P	
	Treatment for minor sciosis	P	
	How effective is osteopathic treatment?	P	
	Does it effect sleep I jump when am sleeping	P	
	Do they grow on the spine	P	
	How long do they take to grow back once they are cur out	P	
	The curvature has left me with poor lung function and I use night ventilation (BiPAP). The machine is heavy and difficult when travelling. A companion is always necessary. Can these machines ever be more portable?	P	
	I have worn a surgical support (corset) ever since I had polio, but it does not prevent my scoliosis showing through my clothes. It causes me no pain, nor so far any breathing problems. I have never thought there was any treatment, but my GP seems a little concerned that it would affect my heart eventually - is there any evidence that physiotherapy might help ?	P	
	How can massage be effective for Scoliosis and is their a particular technique of massage therapy specifically focussed for benefitting people with Scoliosis??	P	
	I have just been diagnosed with diastematomyelia, is this a symptom of scoliosis?	P	
	What are the best treatments for scoliosis?	P	
	How can family and health professionals etc best care for those with muscular dystrophy and scoliosis?	P	
	Do massage based therapies help?	P	
	What is the evidence for older people living with significant untreated scoliosis becoming invisible in medical and social provision in the UK ?	P	
	How effective is Bracing?	P	

	What treatment and support could be specifically offered to those who have other mobility issues e.g. cerebral palsy?	P	
	Can things ever be normal for a teenager living with scoliosis?	R	
	What is the best treatment for idiopathic scoliosis?	R	
	What is the empirical evidence for back bracing?	R	
	How can we improve the quality and extent of information available to patients contemplating corrective surgery?	R	
	Will physiotherapy help treat scoliosis?	R	
	Does bracing work?	R	
	Symptoms of scoliosis	R	
	Diagnosing scoliosis	R	
	After care	R	
	Is bracing effective?	R	
	Why isn't the treatment tailored to your type of scoliosis?	R	
	Does alternative medicines such as Ayurveda and Katarina Schroth technique treat scoliosis?	R	
	Are physiotherapy exercises effective in moderate scoliosis curves ie around 30 degrees?	R	
	The best treatment for scoliosis	R	
	What new research is being done to come up with better solutions to the treatment of scoliosis?	R	
	Is scoliosis treatable?	R	
	Are there any symptoms after the treatment?	R	
	Has intensive physio been proven to provide results when curve less than 30 degrees? etc	R	
	IS SCLEROSIS TREATABLE IF SO BY WHAT MEANS?	R	
	will it affect her stamina	R	
	How affective is bracing?	R	
	Is bracing effective in the management of scoliosis	R	
	Is weight training something that would benefit a female swimmer?	R	
	Symptoms and general raising awareness of the condition with particular emphasis on adolescent idiopathic onset.	R	
	Treatment, care & support in general it's such a big shock to the whole family if this is discovered during adolescence of course with the patient being the main concern, generally more information and guidance.	R	
	To brace or not to brace - what is the optimin hours per day to wear this to be effective?	R	
	How would gene therapy actually work as in some cases scoliosis seems to run in families	R	
	How far into the future is gene therapy	R	
	Are there any more hi-tech materials that are being developed for back braces (breathable materials)?	R	
	Please investigate specialised physiotherapy and its effects on the condition of scoliosis. I mean please compare schrot method, no physio and maybe scolio gold	R	
	Is regular physio a good thing for people living with scoliosis and a form of muscle disorder and that includes regular hydrotherapy?	R	
	When is bracing an effective treatment for scoliosis?	R	
	Do you have Ehlers-Danlos syndrome? If so, which type?	R	
	Do you have Hypermobility/double-jointed?	R	
	Treatments for scoliosis	RH	
	How to reduce scoliosis?	U	
	Does posture effect scoliosis?	U	
	Why is it regarded as a funny stigma?	U	