

# Bracing cuts scoliosis surgery only with high compliance

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Image courtesy of Blausen Medical

At least one author, or their institution, disclosed financial ties to an entity in the biomedical arena.

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(HealthDay)—Bracing for adolescent idiopathic scoliosis only decreases the risk of progression to surgery when patients are highly compliant with wearing the brace, according to a study published in the April 16 issue of *The Journal of Bone & Joint Surgery*.

James O. Sanders, M.D., from the Texas Scottish Rite Hospital for Children in Dallas, and colleagues fitted 100 patients with a Boston brace equipped with a heat sensor measuring brace wear. The patients had [adolescent idiopathic scoliosis](#) measuring between 25 and 45 degrees and with a Risser sign of ?2.

The researchers found that bracing was only effective in preventing [surgery](#) in patients highly compliant with brace wear. Based on [patients](#) who were considered to be highly compliant, the number needed to treat was three to prevent one surgery.

"Bracing appears to decrease the risk of curve progression to a magnitude requiring surgery, but current bracing indications include many curves that would not have progressed to a magnitude requiring surgery even if the patient had not worn the brace, and overall compliance with brace wear is low," the authors write.

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