

# Minimally invasive fusionless posterior-approach surgery to correct idiopathic scoliosis in children and young people

Information for the public

Published: 22 June 2023

[www.nice.org.uk](http://www.nice.org.uk)

This procedure can only be done as part of a research study. This is because there is not enough evidence to be sure how well it works or how safe it is.

Your healthcare professional should talk to you about the research.

Scoliosis means the spine is curved to the side. It usually starts in childhood and there is usually no known cause (idiopathic). In some people, it can worsen during times of rapid growth, which can cause a severe curve of the spine and can cause problems with the ribs.

In this procedure, under general anaesthesia, a rod is inserted along the spine through a small cut (minimally invasive) in the back (posterior approach). It is attached to the spine using screws. The rod is lengthened during the operation to straighten the spine. Afterwards, people are given exercises to do to help continue lengthening the rod. The aim is to correct the spinal curve without needing to fuse bones in the spine (fusionless), which is a major operation, and to keep flexibility in the spine.

The [NHS webpage on scoliosis](#) may have information on your condition and treatment options.

## Is this procedure right for me?

You should be included in [making decisions about your care](#).

Your healthcare professionals should explain the risks and benefits of this procedure and how it is done. They should discuss your options and listen carefully to your views and concerns. They should offer you more information about the procedure. Your family or carers can be involved if you want or need them to be.

You will be asked to decide whether you agree (consent) to have the procedure. Find out more about [giving consent to treatment on the NHS website](#).

## Some questions to think about

- How many appointments will I need?
- What are the possible benefits? How likely am I to get them?
- What are the risks or side effects? How likely are they?
- Will I have to stay in hospital?
- What happens if it does not work or something goes wrong?
- What happens if I do not want the procedure?
- Are other treatments available?

## Information and support

- [NICE's information on interventional procedures guidance](#) explains what an interventional procedure is and how we assess it.
- [NICE's information on interventional procedures recommendations](#) explains what only in research means.

[Scoliosis Association UK](#), 0208 964 1166 can give you advice and support:

You can also get support from your local [Healthwatch](#).

ISBN: 978-1-4731-5264-9