

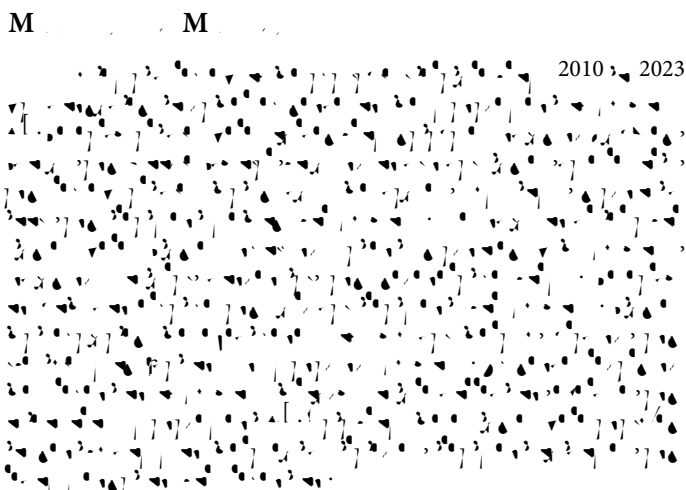
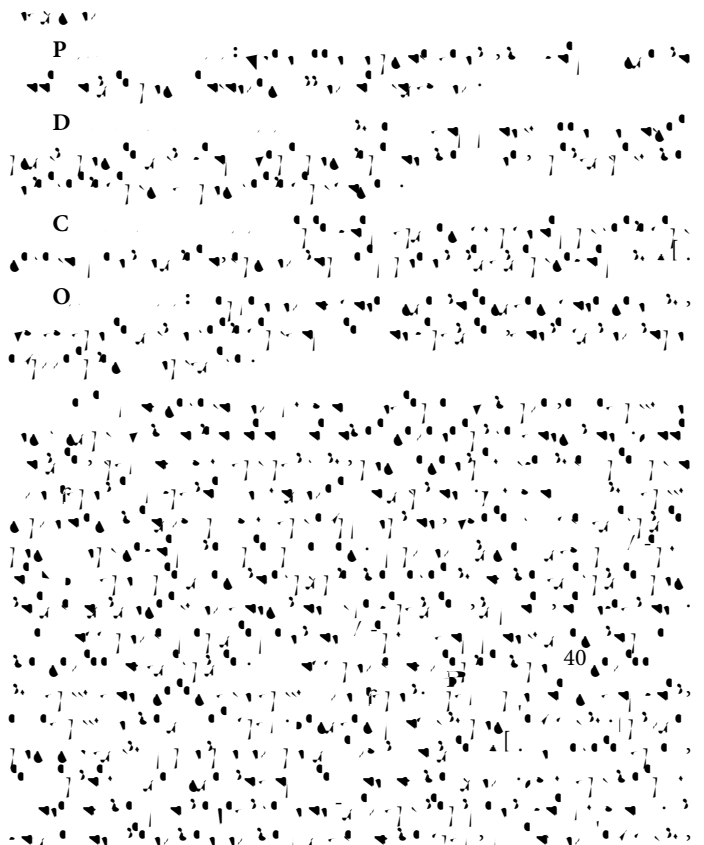
# Managing Kyphosis: Preventive Strategies and Therapeutic Approaches for Spinal Health

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## Abstract

Kyphosis is an abnormal curvature of the spine that leads to a rounded or hunchbacked appearance, typically caused by osteoporosis, muscle weakness, or degenerative disc disease. This review explores the pathophysiology of kyphosis and discusses various preventive and therapeutic strategies. Key areas of focus include the role of calcium and vitamin D, the importance of core muscle strengthening, and the effectiveness of physical therapy and bracing. The article also touches upon surgical options for severe cases and emphasizes the importance of regular medical check-ups and lifestyle modifications in maintaining spinal health.



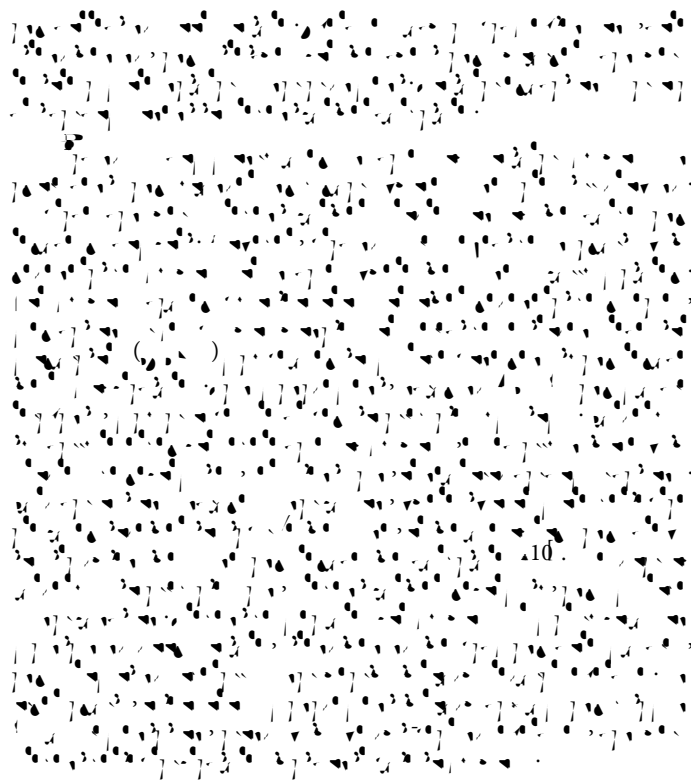
**Keywords:** Kyphosis, Spinal Health, Preventive Strategies, Therapeutic Approaches, Core Muscle Strengthening, Osteoporosis, Physical Therapy, Bracing, Surgical Options, Lifestyle Modifications.

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