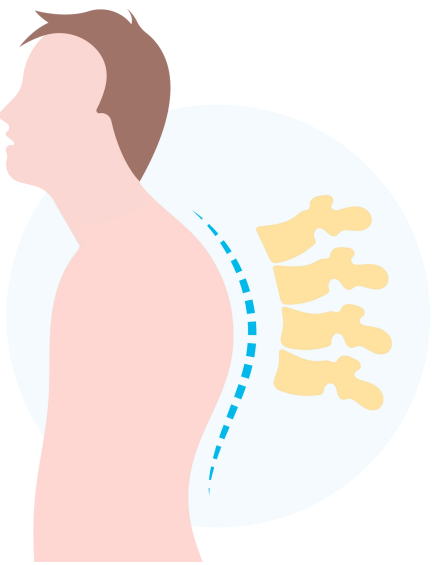


# Top Exercises to Support Kyphosis Treatment

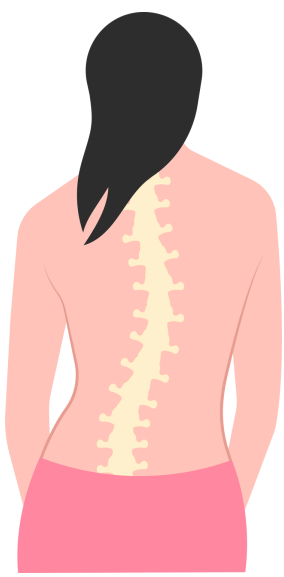
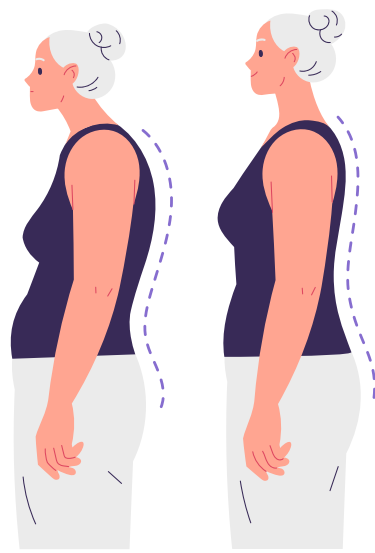


## Hyper-Kyphosis

50% of the adult population is affected by Hyper-kyphosis which is an abnormal forward curvature of the spine leading to a 'rounded back'.

## Congenital Kyphosis

Both poor posture and old age are the common causes of hyperkyphosis. However, another type of kyphosis (rounding of the back) starts to develop before birth.



## Kyphosis Treatments

For patients who live near Dr. Kevin Lau's clinic in Singapore and are able to visit frequently for weekly appointments, we offer the option of an Extended Care treatment plan.

## Local Kyphosis Treatment

Intensive Kyphosis Treatment is usually recommended for overseas patients, as this treatment provides excellent results in the least amount of time.

