

# Pediatric Spine Program

Gillette Children's treats the majority of children in Minnesota with spinal conditions. Our 6 spine surgeons perform more pediatric scoliosis surgery than any other hospital in the 5-state area. Because we see the full spectrum of spine cases, from mild to severe, all patients benefit from our depth of experience, no matter their complexity.

## Spine Conditions We Treat:

- Scoliosis
- Spondylolysis and spondylolisthesis
- Kyphosis and Scheuermann's disease
- Spine fractures

"We are the first hospital in the nation to install EOSedge™, a low dose 3D imaging system which reduces radiation exposure to our spine patients and offers state-of-the-art imaging and planning tools to our surgical team."

- Joseph Perra, MD

## Scoliosis Treatments

### Bracing

**Hypercorrective nighttime:** custom made, wear while sleeping.

**Thoracolumbosacral orthosis (TLSO):** custom made, highly effective, wear 18 hours per day.

### Physical Therapy

**Scoliosis-specific exercise:** based on the Schroth Method, this customized exercise program may reduce the symptoms of scoliosis.

### Surgery

**Vertebral body tethering (VBT):** less invasive procedure, uses the body's own growth to correct the deformity by slowing growth on one side allowing the other to catch up, 6-week recovery.

**Spinal fusion:** restores alignment to the spine and maintains that alignment while bones heal together, 6-month recovery.

**Magnetically controlled growing rods:** for those with early onset scoliosis, helps control curve while allowing continued growth. Lengthened during routine outpatient visit with non-invasive remote control.

**Vertical expandable prosthetic titanium rib (VEPTR):** for patients with severe curves that cause thoracic insufficiency syndrome.



## Contact Gillette

### Provider Referral Line

Recommended for Urgent or  
Complex Referrals

651-325-2200

### Online Referral Form

[gillettechildrens.org/referral](http://gillettechildrens.org/referral)



Scan for our  
online referral  
form.

### Fax Referral

651-726-2622

### Patient Scheduling

651-290-8707

## MINNESOTA LOCATIONS

Gillette Children's - St. Paul Campus  
(Hospital and Clinic)

Alexandria

Burnsville

Mankato

Maple Grove

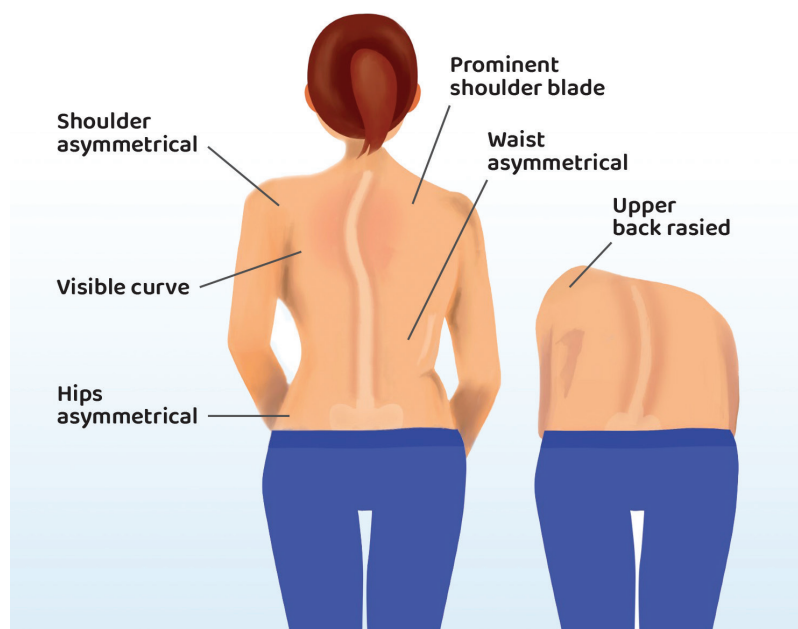
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See back for more information.

# Referral Guidelines

## Scoliosis Signs and Symptoms



### How to Screen:

Adam's Forward Bend test at every well child check:

- If  $>7^\circ$  rotation, PA and lateral full spine x-rays recommended
- If curve on x-ray  $<10^\circ$ , may observe clinically
- If curve on x-ray  $10^\circ$ - $15^\circ$ , repeat x-rays in six months

### When to Refer:

- X-ray shows curve  $>15^\circ$
- Repeat x-ray shows increase in curve
- X-ray shows abnormal spine anatomy

Our providers are available to consult or to co-manage with a primary care provider at any point in a patient's curve progression.

## Common Treatment Recommendations

### OUR PROVIDERS

Abby Anderson, PA-C  
Eduardo Beauchamp, MD  
Amy Jo Beebe, MA, APRN  
Tenner Guillaume, MD  
Danielle Harding, PA-C  
Daniel Miller, MD  
Kyle Miller, MD  
Megan Moffatt, MS, APRN  
Katie Peltz, PA-C  
Joseph Perra, MD  
Laura Tillman, DNP, APRN  
Walter Truong, MD

Degree of Curve	Course of Action
$<10^\circ$	Observe clinically over time
$10$ - $20^\circ$	Periodic x-rays
$20$ - $45^\circ$	TLSO or Nighttime bracing
$>45^\circ$	Surgical intervention; fusions at any skeletal maturity
Any curvature	SCHROTH (scoliosis-specific exercises)
Further evaluations needed to qualify	VBT (vertebral body tethering); skeletally immature