

Scoliosis Information

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Scoliosis is a sideways curve of the spine. Children and teens with Scoliosis have an abnormal S-shaped or C-shaped curve of the spine. The curve can happen on either side of the spine and in different places in the spine. With treatment, observation, and follow-up with the doctor, most children and teens with scoliosis have normal, active lives. Anyone can get Scoliosis. However, the most common type usually occurs in children aged 11 and older. Girls are more likely than boys to have this type of scoliosis. Most children and teens with mild Scoliosis do not have symptoms or pain. Sometimes, there are changes in posture, which may be a sign of scoliosis. Other signs may include the following:

- Shoulders are uneven.
- One shoulder blade (in the upper back) sticks out more.
- One hip looks higher than the other.
- Your child's rib cage may stick out more when he or she bends forward.
- If the curve is more severe, back pain.
- Rarely, trouble breathing because of the curve.

Healthcare providers may diagnose scoliosis during a routine exam. Your child's doctor may diagnose Scoliosis by:

- Taking a medical history and family history
- Completing a [Scoliosis Physical Exam](#)
- Taking x-rays

If your child has Scoliosis, your child's doctor may recommend the following treatments:

- Observation. If the curve is mild and your child is still growing, the doctor may recommend checking the spine every few months.
- Bracing. If the curve is moderate and your child or teen is still growing, your doctor may recommend using a brace to keep the curve from getting any worse
- Surgery. If your child or teen is still growing and the scoliosis continues to progress, your doctor may recommend surgery. The type of surgery depends on the location and the severity of the curve.
- Physical therapy. The doctor may recommend physical therapy to help muscles get stronger.

For more information: American Physical Therapy Association Website: <https://www.apta.org>

Centers for Disease Control and Prevention, National Center for Health Statistics

Website: <https://www.cdc.gov/nchs>

National Scoliosis Foundation Website: <https://www.scoliosis.org>

Scoliosis Research Society Website: <https://www.srs.org>

The Scoliosis Association, Inc.

Website: <http://www.scoliosis-assoc.org>