

Educational Information on Scoliosis for Parents & Guardians For Grades 5 through 10

Dear Families,

Scoliosis is a progressive, lateral curvature of the spine which occurs during adolescence. The condition develops three to four times more frequently in girls than in boys and can result in poor range of motion, back pain, and distortion of the position of the ribs. In more severe cases, scoliosis can lead to impaired function of the heart and lungs, unpleasant cosmetic deformities, and social and psychological problems.

Early Screening: Scoliosis can go unnoticed in a child because it is rarely painful in the developmental years. Early detection is important to make sure the curve does not progress. If detected early, many cases can be controlled by a brace and/or specific exercises. If surgery is indicated, the best results are obtained if it is completed before the curve is severe.

Adults should watch for the following symptoms of scoliosis beginning when their child is about eight years of age.

- A tilted head that does not line up over the hips
- Uneven shoulders or a protruding shoulder blade
- Uneven waist
- One hip that is higher than the other causing an uneven hem or shirt line
- Leaning more to one side than the other

If any of these signs are present your child will need to follow up with their primary doctor, pediatrician, or orthopedist.