



Lancaster High School
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Mr. Roger Gross- Principal
Ms. Jennifer Eddy- Asst. Principal
Mr. Dave Zeiler- Athletic Director
Ms. Kristin Aitken- Counselor
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To Parents and Guardians of all ninth and tenth grade students,

You may have heard of a back problem called scoliosis. Scoliosis is a word used for “curvature of the spine”. There are many causes of scoliosis but most scoliosis that is discovered during periods of rapid growth (late elementary, middle and early high school ages) has no known cause. Girls are affected more often than boys and scoliosis may run in families.

Scoliosis at the ages described above is usually mild and requires no specific intervention. However, some curves progress more than others during those periods of rapid overall growth in children. Early screening and treatment may prevent scoliosis from progressing to a stage where it interferes with mobility or activities. Parents should watch for the following symptoms of scoliosis beginning when their child is 8 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

The family doctor should examine your child if any of these symptoms are present.

A child’s doctor will also monitor the child’s back over several years to check for signs of scoliosis. Checking for scoliosis is done by doctors during a physical exam for sports or a regular check-up. The exam requires the child to undress from the waist up. Occasionally, if a more serious problem is identified, a back brace may be recommended; rarely, surgery is necessary to prevent worsening of the curve.

If your child has not had a regular check-up or a sports physical in a year or two, please consider contacting your child’s health care provider to arrange a visit. If you have questions about scoliosis or your child’s back, talk to your child’s doctor or the school nurse. You can also learn more about scoliosis at www.scoliosis.org.

Thank you,

Catherine Wilson, RN
Lancaster High School Nurse