

## **Scoliosis Information for Parents**

### **What is scoliosis?**

Scoliosis is a sideways curve of the spine that can look like an “S” or “C” shape. For 2-3% of adolescents it can happen during the growth period. Scoliosis can be a mild curve not causing a problem or serious enough to need treatment. The parent/guardian is strongly encouraged to have their child checked by the doctor annually. Finding scoliosis early can stop the curve from getting worse.

If scoliosis is left untreated it can cause serious problems including:

- Limited movement of arms, legs, or body
- Back pain
- Deformities leading to pain in joints
- Disc disease
- Heart and lung issues

### **What does scoliosis look like?**



### **What causes scoliosis?**

The cause of scoliosis in 80-85% of cases is unknown. However it can run in families, be the result of an injury, caused by a disease, or a birth defect. It is more common in females than males. Scoliosis commonly affects adolescents during their last major growth spurt between ages 10 to 18.

### **How is scoliosis treated?**

Request the doctor check your child for scoliosis during a physical exam. If scoliosis is found the goal is to stop the curve from progression and avoid long term problems. Treatment may include repeated/regular exams by the doctor, exercise program, bracing, and/or surgery.

### **What resources are available for more information?**

- The Scoliosis Association Inc. [www.scoliosis-assoc.org](http://www.scoliosis-assoc.org)
- Scoliosis Research Society [www.srs.org](http://www.srs.org)