

Scoliosis

What is it

- Abnormal sideways curvature of the spine



Who gets it

- Infants, adolescents, and adults can all have this deformity
- Most common age of onset is 10-15
- Girls are at higher risk for curvature progression
- Vast majority of cases have no known cause

How is it diagnosed

- Typically first noticed based on physical observation



- If suspected, x-ray to confirm diagnosis and determine severity
- * Many states require screening in schools, VT does not

Possible effects on health

Depending on the magnitude of the curve

- Reduced heart and lung function
- Pain
- Reduced self-esteem due to cosmetic considerations

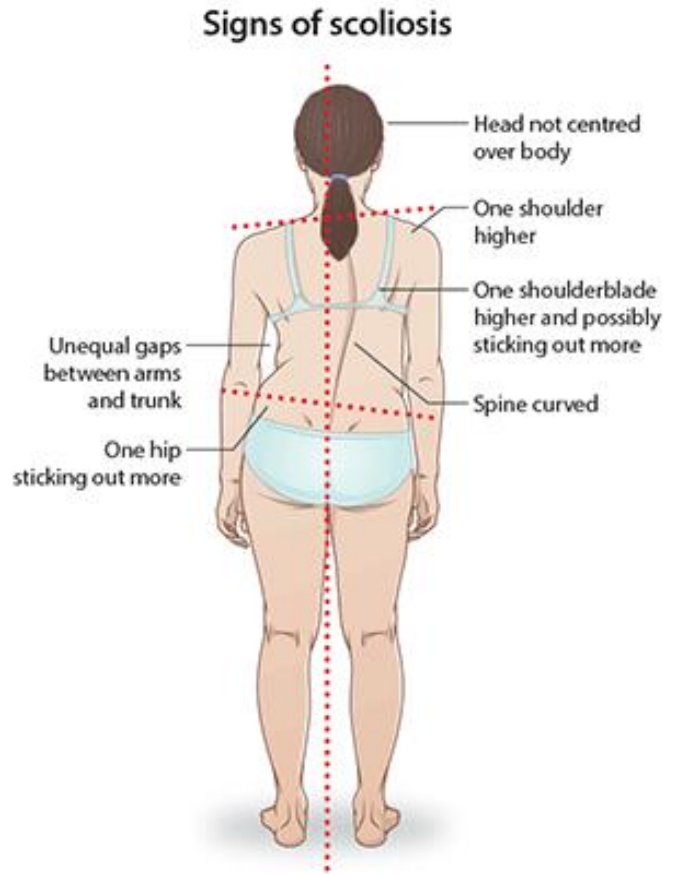
Treatment options

- Observation
- Bracing
- Surgery

*If caught early enough, bracing is proven to prevent progression of deformity to levels requiring surgery

What you can do

- Observe your child for some of the following physical signs...



- See this video for demonstration of how to screen your child:

<https://www.youtube.com/watch?v=7bfp0fcfH7E>

- Ask your child's doctor for more information. Be the one to start the conversation!

* For more reading visit:
www.scoliosis.org