

Scoliosis Awareness Month



What is Scoliosis?

Scoliosis is an abnormal curving of the spine; it is a side-to-side curve in the spine that can look like an "S" or a "C" shape rather than a straight line. Scoliosis is a common condition that can affect infants, adolescents, and adults. Approximately 1 in 3 children whose parents have scoliosis will develop scoliosis. Approximately 1 in 6 children diagnosed with scoliosis will have a curve that requires active treatment, sometimes surgery. Early diagnosis is the key to taking steps in providing treatment that may prevent more serious problems later on.

Resources:

- [National Spine Foundation](https://www.nationalspinefoundation.org/)
- [Scoliosis Research Society](https://www.scoliosisresearchsociety.org/)

Symptoms of Scoliosis:

- Crooked shoulders –one is higher than the other.
- Your head does not seem center, or it is slightly tilted to one side.
- You lean to one side.
- One leg seems longer than the other.
- One of your shoulder blades seems to "stick out" more than the other.
- Your rib cage seems uneven or crooked—one side "sticks out" more than the other or you have a "rib hump" on one side of your back when you lean over.

How is Scoliosis Treated?

An Orthopedic Specialist treats diseases of the bone and muscles, and you may be referred to them for treatment management. Mild scoliosis may not need treatment however may require regular monitoring. Moderate and severe scoliosis may require treatment such as wearing a back brace or sometimes surgery.



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