

Scoliosis Information

Scoliosis is an abnormal curvature of the spine. Normally, the spine curves backward in the chest area and forward in the waist area. The spine may also bend to one side or both at different levels, giving rise to the condition of scoliosis. There are many causes for scoliosis, but about 80-90% of the patients have the type known as idiopathic. This means that the cause is not known. Idiopathic often runs in families. Scoliosis occurs in perfectly healthy children, and tends to progress during the rapid teen-age growth spurt. Scoliosis can also be caused by nerve and muscular disorders as well as abnormalities in the development of the vertebrae.

The most common signs of scoliosis are a prominent shoulder blade, one shoulder may be higher than the other and the hips may be uneven. When the child bends forward, the appearance of a rib hump is a striking sign.

Scoliosis screening is done at school in grades 5-8. Screening at school does not mean that your child does not have scoliosis; they may be absent on the screening day or the scoliosis may be missed. It is a good idea to have your child checked by your family physician or chiropractor on a yearly basis during their growth years..

Treatment for scoliosis is mechanical in nature. Usually if there is a mild curve; the child is checked routinely to monitor the progression. If the curve is severe; bracing, chiropractic adjustments, electric stimulation or surgery is recommended.

If you have any questions; please call me at 326-0503 ext. 3264.

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