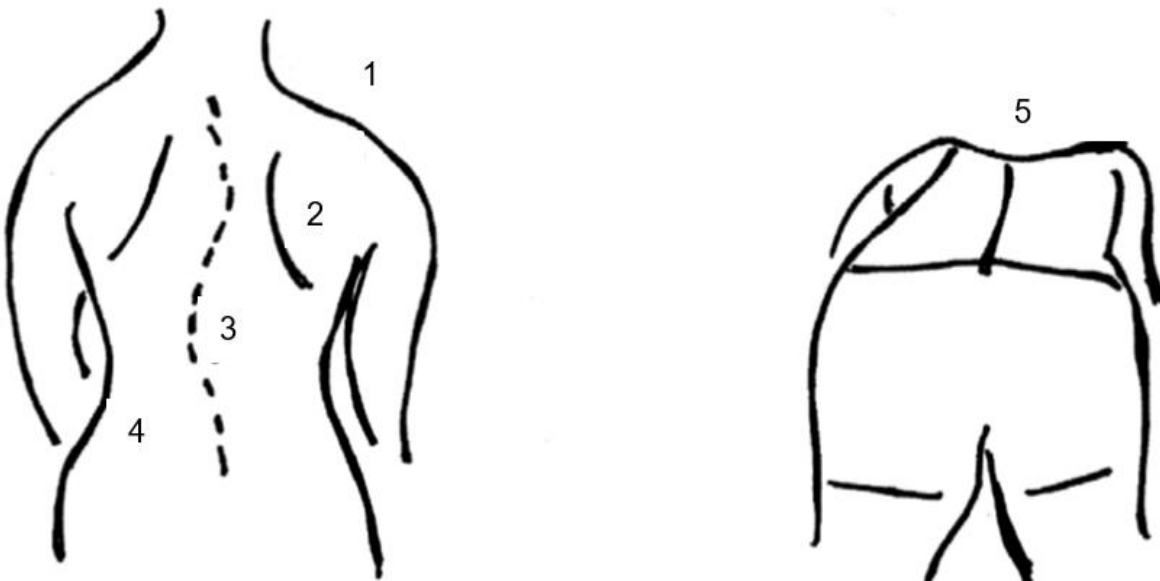


## SCOLIOSIS FACT SHEET

Scoliosis is an abnormal curvature of the spine and may occur from an injury at birth or as part of a disease process. Although a minority of cases are associated with other medical conditions, Scoliosis is not caused by anything that a child or his/her parents did or did not do. Generally, Scoliosis occurs during a child's formative growth spurts, ages 10 to 17 years of age, and is most frequently noted in females or when there are other affected family members. Scoliosis can occur in otherwise healthy children and may develop into a serious health problem if it becomes too severe.

Early detection is essential to help avoid complications that include back pain, fatigue, reduced exercise tolerance, deformity, and, in severe cases, problems in heart and lung function. Scoliosis screening is a painless observation of the student's spine while standing or bending forward. A scoliometer may be used to measure the amount of curvature in the spine.

The images below illustrate signs of a possible curvature in the spine:



1. One shoulder higher than the other.
2. One shoulder blade more prominent than the other.
3. Spine curving sideways.
4. One hip higher than the other.
5. A hump in the rib region when the child bends forward with arms extended toward the floor.

Scoliosis can be treated. Effective treatment may involve bracing or severe curves may require spinal surgery. The need for treatment is best determined by a trained medical professional. If you suspect your child may be affected, contact your physician. For additional information, please contact the School Nurse or Resource Nurse at your child's school.