



Scoliosis Fact Sheet

Scoliosis is a term that means an abnormal curvature of the spine. There are natural curves of the spine that are not scoliosis. 2-3% of the population may have abnormal curves of the spine but significant scoliosis that requires treatment is very rare.

Types of Scoliosis.

Idiopathic- meaning undetermined cause

Congenital- meaning present at birth

Neuromuscular- meaning caused by neurologic conditions

Diagnosis

The diagnosis of scoliosis is made with a complete physical examination, which may show shoulder and chest asymmetry, trunk shift or an uneven waistline and radiographic evaluation, which should include full length spine films. We offer low dose radiation options for patients that need repetitive radiographs. See EOS radiography.

Risks of Progression

Scoliotic Curves that are greater than 45 degrees at skeletal maturity or curves that are greater than 25 degrees in skeletally immature children are at risk of progression and may need treatment

Treatment Options

Observation- This option is for small curves in young children and may include curves up to 45 degrees in growing and skeletally mature children.

Bracing- This option is for curves between 25 and 45 degrees in growing children. The goal is prevention of the progression of the curve. The quality of medical evidence to support bracing is controversial. Patient compliance, patient education and appropriate patient selection is critical.

Surgery- This options is reserved for severe progressive curves with the goal of surgery being safe correction and stabilization of the spinal deformity.

Education Resources

www.srs.org (Scoliosis Research Society)

www.aaos.org

www.mypedsortho.com

Commonly Asked Questions (srs.org)

1. A lack of Calcium will not cause scoliosis.
2. Poor posture does not cause scoliosis
3. Carrying heavy book bags will not cause scoliosis
4. Scoliosis is minimally painful.
5. Braces do not make the spine straight but may prevent progression of curves in specifics conditions
6. Smoking does interfere with bone healing
7. The metal implant does not rust.
8. Surgery does not interfere with childbearing
9. Spinal deformities are not contagious
10. At present, there is not prevention for spinal deformities