

Pulaski County Schools
Scoliosis Educational Information

School Year: 2016-2017

Dear Parent/Guardian.

Scoliosis is an abnormal curvature of the spine. Scoliosis usually occurs in the mid back or lower back. Scoliosis may cause impairment of the body's range of motion and endurance, cause back pain, or impair functions of other parts of the body. This curving of the spine cannot be corrected by practicing good posture.

Scoliosis runs in families, but doctors often don't know the cause. More girls get scoliosis than boys. Of every 1,000 children, three to five develop spinal curves that are severe enough to need treatment. Scoliosis is often first noticed just before and during adolescence (ages 10 -14), during a growth spurt. Growth is the biggest risk factor for worsening of an existing curve.

What are the signs and symptoms of scoliosis?

- ❖ Uneven shoulders, one shoulder is higher and sticks out more than the other.
- ❖ One shoulder blade that is higher and sticks out more than the other.
- ❖ Uneven waist
- ❖ Elevated hips, appearance of one hip higher than the other.

How is scoliosis treated?

- ❖ Most spine curves in children with scoliosis will remain small and need only to be watched by your doctor through periodic checkups.
- ❖ Treatment decisions depend on your child's age, how much he or she is likely to grow and the degree and pattern of the curve.
- ❖ Other possibilities for treatment of scoliosis include exercise programs, using a brace or possible surgical correction.
- ❖ Your child's doctor will determine the plan of care.
- ❖ If you have questions about scoliosis or your child's back, talk to your child's doctor or to the nurse in your child's school.

The Code of Virginia 22.1-273.1 requires that schools provide information on scoliosis to parents of students in grades 5 through 10 and/or implement a scoliosis screening program for students in grades 5 through 10. .

Additional Resources

Associations:

American Academy of Pediatrics <http://www.aap.org/>

National Scoliosis Foundation www.scoliosis.org

Scoliosis Research Society www.srs.org

International Federation of Spine Associations www.scoliosisrx.com

The Scoliosis Association, Inc. www.scoliosis-assoc.org

American Academy of Orthopedic Surgeons www.aaos.org

American Association of Neurological Surgeons www.neurosurger.org

Mt. Sinai Hospital offers information on the spine at www.orthospine.com

National Association of School Nurses www.nasa.org

Support Websites:

iScoliosis- www.iscoliosis.com

Scoliosis Alternatives – www.scoliosis-homstead.com/index.html

Scoliosis Care Foundation – www.scoliosiscare.org

Scoliosis Life – www.scoliosislife.net

Scoliosis World – www.scoliosis-world.com/

SpineKids – www.spinekids.com