

# Scoliosis - Mild

## Definition

- Scoliosis is a sideways curve in the backbone (spine).
- This medical diagnosis was made by a doctor after seeing your child.

## Health Information

### Symptoms

- Most people with scoliosis have no symptoms.
- The curve makes the backbone look like the letters "C" or "S".
- The curve can make the waist, hip or shoulders look uneven or tilted to one side.
- Scoliosis does not cause pain.

### Cause

- The cause of most scoliosis is unknown. It can run in families.
- Most scoliosis starts with puberty. 4% of teen girls and 0.5% of teen boys develop scoliosis.
- **Myth:** scoliosis is caused by bad posture or carrying heavy things.

### Medical Diagnosis: How It is Made

- The diagnosis of scoliosis should only be made by a doctor.
- It is based on a complete medical history and physical exam.
- Starting around puberty, your doctor will check the back for scoliosis at regular visits.
- If the curve seems more than mild, your doctor may order back X-rays.

## Care Advice

### 1. Key Points

- Scoliosis is a curving of the spine.
- It is common, occurring in 4% of girls and 0.5% of boys.
- Scoliosis usually has no symptoms.
- Here is some home care advice that should help.

### 2. Treatment Is Rarely Needed

- Most people with scoliosis have a mild version. They never need any treatment.
- Your doctor will check your scoliosis on normal visits. They will measure the curve's angle to make sure it's not becoming severe.
- Less than 3% of young people will progress to severe scoliosis. This is treated by wearing a special back brace.

### 3. Continue Normal Activity

- Children and teens with scoliosis can do all normal activities.
- They do not need any restrictions.
- It is safe and healthy for them to play sports.

#### 4. **What To Expect**

- Scoliosis can progress during rapid growth years. The curve stops changing when your teen stops growing taller.
- People with mild scoliosis have no long-term health problems.

### **Call Your Doctor If**

- Your child has back pain
- You think your child needs to be seen
- You have other questions or concerns

#### **Pediatric Care Advice**

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