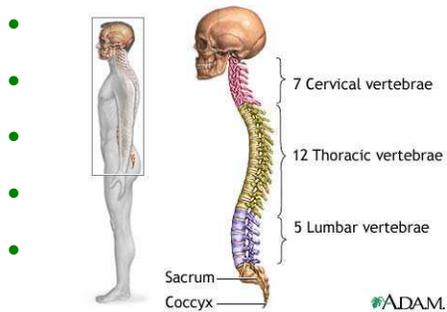


What is Scoliosis

- Everyone's spine has natural curves. These curves round our shoulders and make our lower back curve slightly inward.



- Despite that gentle curve a healthy spine appears to run straight down the middle of the back.
- Some people have spines that also curve from side to side. This condition of side-to-side spinal curves is known as **Scoliosis**.

- On an X-ray, the spine of an individual with scoliosis looks more like an "S" or a "C" than a straight line.



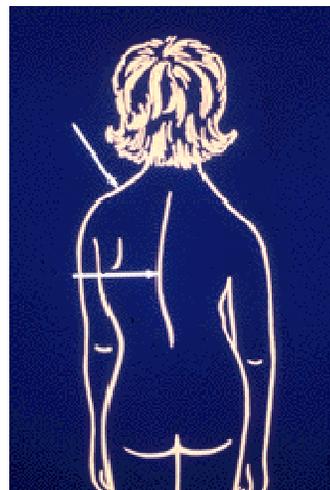
Facts about Scoliosis

- The cause is usually unknown.
- It affects approximately 2% - 4% of the population or about 3 out of 100 people.
- It can run in families—you have a 20% chance of having it if a family member has it.
- It usually occurs around puberty and the growth spurt between age 10-16.
- More females are affected than males by 4:1.

What Signs to Look for

Scoliosis may be suspected if:

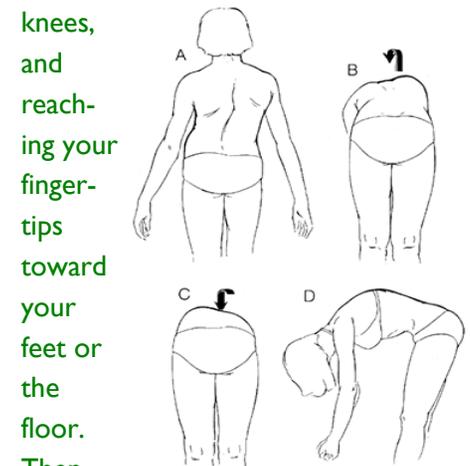
- One shoulder appears to be higher than the other.
- Uneven waist.
- Elevated or uneven hips
- Leaning to one side.



What is Scoliosis Screening

- Routine Scoliosis screening is done in middle and junior high schools. Many cases which previously would have gone undetected until they were more advanced, are now being caught at an early stage.

- It is an easy test called the forward-bending test, and it doesn't hurt at all. It involves bending over, with straight knees,



- and reaching your fingertips toward your feet or the floor. Then the school nurse will look at your back to see if your spine curves.

- Each student is screened privately, one at a time, with males separate than females.

- **Students wear athletic shorts and a T-shirt.**

- It takes less than 2 minutes

What if Scoliosis is found

- The School Nurse will notify your parents if she sees any warning signs.
- The School Nurse **WILL NOT** diagnose Scoliosis.
- You should see your regular doctor if you have any concerns or questions.

What is the treatment for Scoliosis

- Unlike poor posture, these curves cannot be corrected simply by learning to stand up straight.
- If there is a significant curve or if the spine continues to curve, a special brace may be worn—this is determined by your doctor.



Can I Still Play Sports

- Kids with Scoliosis live normal lives.
- A kid with Scoliosis should talk to their doctor about how to participate safely in activities, such as exercise and sports.
- Scoliosis may throw you a curve, but a kid can grow up healthy and feeling fine with the right care.



Other Sources of Information

- <http://www.kidshealth.org>
- <http://orthoinfo.aaos.org>
- <http://adam.about.com>

Kuna Middle
School

Scoliosis Screening



Kuna Middle School
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