

Scoliosis

Scoliosis is a condition characterized by a curvature in the spine with varying degrees of severity. The spine is full of sections known as vertebrae that are flexible in all directions with a natural curvature when viewed from the side-side, but the spine is mostly a straight line from front-back. Scoliosis is a curvature in what should be straight. This curvature sometimes looks like an 'S' shape. According to study published by the National Institute of Health in 2021, 80% of spinal deformities are due to scoliosis with the largest percentage being females between 10-14 years of age.

Perhaps you have had a physical and the physician or nurse had you bend at the waist and you wondered why they would have you do something so easy? More than likely they were assessing for scoliosis. Although scoliosis can appear in different ways, it almost always presents with an uneven appearance in shoulders and/or hips and is typically initially identified in screening assessments.

Most cases of identified scoliosis are idiopathic, meaning an unknown cause. Congenital disorders are sometimes contributory, as are neuromuscular conditions such as spina bifida that cause the musculature to be weak and uneven. Severity is measured by the degree of the curvature and often treated with bracing for mild cases or corrective surgery for extreme deformities. In most cases, scoliosis is not painful to those who have it but it can affect internal organs and even the ability to breath properly if not treated.

If you believe your child has scoliosis, please contact your primary care physician so they can be assessed. Scoliosis is an eligible condition with the Children with Medical Handicaps (CMH) program that can help with testing and assessment. Please contact Angie Rosler (740) 992-6626 if you have any questions about Scoliosis or how to apply for the CMH program.

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